

EXAMINEE FEEDBACK FORM

Name: _____

Examination date: ____ / ____ / 2011

FITNESS TESTS

MOVEMENT CONTROL ABILITY

Movement control ability refers to the control over the posture and movements of the body, i.e. the capacity of your sensory functions, nervous system and muscles to perform the required movements smoothly, quickly and economically.

The **one-leg stand test** measures your balance when standing on a supporting surface smaller than that of a normal standing position.

Test result _____ s (max 60 s)

Fitness rating _____

Fitness rating		Age group				
		30-39	40-49	50-59	60-69	70-79
3= Above average	Men			60	54-60	23-60
	Women			46-60	33-60	15-60
2= Average	Men	60	60	24-59	22-53	8-22
	Women	60	49-60	19-45	12-32	7-14
1= Below average	Men	≤59	≤59	≤23	≤21	≤7
	Women	≤59	≤48	≤18	≤11	≤6

MUSCULOSKELETAL FITNESS

Musculoskeletal fitness is evaluated on the basis of flexibility and strength (speed, muscular strength, endurance). These are linked to the structures and functions of the muscles and connective and supportive tissues and their disorders.

The **vertical jump** measures impulse power in your legs. Impulse power is needed for instance to prevent a fall if you stumble or slip.

Test result _____ cm

Fitness rating _____

Fitness rating		Age group (years)		
		30-39	40-49	50-59
3= Above average	Men	≥44	≥43	≥36
	Women	≥30	≥27	≥22
2= Average	Men	40-43	38-42	31-35
	Women	25-29	23-26	18-21
1= Below average	Men	≤39	≤37	≤30
	Women	≤24	≤22	≤17

Reference values for the fitness rating are not available for examinees aged 60 or over.

The modified press-up measures the endurance of the extensor muscles of your arms and the capacity of your body muscles to support your back. Good support for the back and posture control may prevent certain types of back problems.

Test result _____ repetitions

Fitness rating _____

Fitness rating		Age group (years)		
		30-39	40-49	50-59
3= Above average	Men	≥16	≥15	≥13
	Women	≥13	≥12	≥9
2= Average	Men	14-15	12-14	10-12
	Women	11-12	9-11	7-8
1= Below average	Men	≤13	≤11	≤9
	Women	≤10	≤8	≤6

Reference values for the fitness rating are not available for examinees aged 60 or over.

The curl-up is an alternative to the modified press-up. It measures the endurance of your hip flexors and body muscles. Body muscle endurance is important for back support.

Test result _____ repetitions (max 20)

Fitness rating _____

Fitness rating		Age group (years)				
		30-39	40-49	50-59	60-69	70-79
3= Above average	Men			20	20	20
	Women			20	17-20	11-20
2= Average	Men	20	20	20	17-19	10-19
	Women	20	20	11-19	7-16	6-10
1= Below average	Men	≤19	≤19	≤19	≤16	≤9
	Women	≤19	≤19	≤10	≤6	≤5

RESPIRATORY AND CARDIOVASCULAR SYSTEMS

Poor fitness of the respiratory and cardiovascular systems (endurance fitness) is a key risk factor for a number of disorders and hazards such as coronary disease, hypertension, type II diabetes and metabolic syndrome. Several areas of your body metabolism are linked to endurance fitness.

The 6-minute walking test measures your capacity to walk at near your maximum speed and reflects the condition of your respiratory and cardiovascular systems.

Test result ___ m

Reference values for fitness classification not available.

The fitness test results obtained in this study will be used to draw up reference values for Finns.

For more information on how to exercise your movement control and your musculoskeletal system, visit the UKK Institute website at <http://www.ukkinstituutti.fi/en/>. Pay particular attention to the areas which are the weakest (with below-average test results). There are three grades of exercises. Start with the easy ones.

You may give these test results to your own doctor or nurse for their information if you wish. If you have any questions about your check-up or your results, please contact research secretary Tiina Inkovaara, tel. +358 3 282 9258 (e-mail: tiina.inkovaara@thl.fi), on weekdays.

THANK YOU FOR PARTICIPATING IN THE HEALTH 2011 SURVEY!