



August – Ups & Downs



Have you ever performed 150 body weight squats? Some older adults have! Did you know some gyms are using this 'sit-down-stand-up' test (squat test) to gauge the health and health risks of their older adult clientele? But don't worry, 150 squats are not the normal starting point. The most common way to start is with a 30-second timed event. For example, each client over 60 years is expected to perform as many sit-down-stand-up squats as possible within 30 seconds. Their scores are recorded by their trainer, and then they are tested again after 10 weeks of resistance training to see if their scores improve.

Whether or not you can sit down onto something like a chair (17-18 inches high) and stand back up again may seem like a minor concern to many people. However, it is not. Reality is, for those of us

who cannot get up without support (using the arms of the chair, pressing our hands onto our thighs, rocking back for momentum in order to stand back up) are at risk. The less muscle strength, less power and the less muscle we have and use, the more we will become inactive and the more trouble we will have with our mobility.

So, here is your mission, if you choose to accept it. Try this test and see how you measure up! Before you begin, get a sturdy chair. Cross your arms over your chest so that one hand is on each shoulder. Set your timer for 30 seconds. Remember, you must sit all the way down (unloading your weight onto the chair each time) and stand up completely straight (all the way up), or it does not count. One sit down and stand up = 1 complete. Count each sit-down-stand-up that you complete. Ready? Begin!

- *For ages 60–64, a below average score is less than 14 for men, and less than 12 for women.*
- *For ages 65–69, a below average score is less than 12 for men and less than 11 for women.*
- *For ages 70–74, a below average score is less than 12 for men and less than 10 for women.*
- *For ages 74–79, a below average score is less than 11 for men and less than 10 for women.*
- *For ages 80–84, a below average score is less than 10 for men and less than 9 for women.*
- *For ages 85–89, a below average score is less than 8 for both men and women.*
- *For ages 90–94, a below average score is less than 7 for men and less than 4 for women.*

So, what does this all mean, really? Well, it proves again what we all know. The more we move, the more we move. Use it or lose it. Once again, let's use this as motivation to keep moving our bodies. Let's move so we have happier, healthier, capable, driven, independent, cognitive, socially engaged, fun lives as we age! Because hey, no matter what we do, life is full of ups and downs. I call them squats!

**Until next time,
Kerri**

Don't forget to join the private MVP+ Facebook Group!



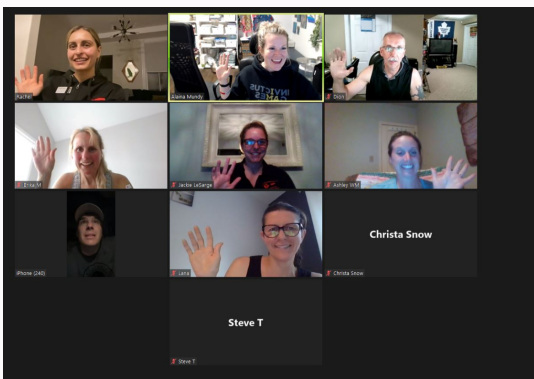
Connect with Kerri!

Join me LIVE on ZOOM to hear about some the exciting MVP fall Vitality for Vets schedule

Tuesday 29 August @ 2:00pm or @ 7:00pm Email Kerri for ZOOM link Hollywood.Kerri@cfmws.com

Thank you to Everyone who Participated in the 2023 Commuter Challenge!

Congratulations to the following for committing to changing... [Read more](#)



The 'Eh' Team: Feuling for the Invictus Games with Health Promotion

In June the CFB Kingston Health Promotion team were honoured to support the [Canadian Invictus Games Team](#) with a... [Read more](#)



OPEN HOUSE



SEPTEMBER 22 & 23 | 10 AM - 4 PM

You're invited to drop in during our Open House event, where you can look around and ask us your questions about:

- ✓ Dining and activities
- ✓ Flexible care and support
- ✓ Suite layouts and amenities
- ✓ Pricing information
- ✓ Support with moving
- ✓ Trial Stays

Walk-ins and family and friends are welcome, with no RSVP required!

Visit [Chartwell.com](https://www.chartwell.com) or call **613-817-9875**
for more details!

CHARTWELL CONSERVATORY POND
1499 Stoneridge Dr., Kingston



Contest

Join the MVP Private Facebook Group before the end of August and you will be entered into a prize draw.

[Begin](#)

****Contest only allows for those participating to win once each fiscal year.****

Congrats to last month's winner, M. Prest!!



MVP+

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