

## **One-minute sit to stand test instructions**

### Some tips before you start the test

- Wear loose, comfortable clothing and sturdy, non-slip shoes.
- Do not do the test, if:
  - you are feeling more unwell
  - have a current infection
  - the weather is very hot.

### The equipment you need

- A straight-backed chair which has a flat, hard seat and no arm rests. A dining chair, for example.
- Stopwatch/timer
- Pulse oximeter

### One-minute sit to stand test instructions

1. Place the back of the chair against a wall to stop it moving while you are doing the test.
2. Before you start, measure your oxygen levels and heart rate using your pulse oximeter and
3. Set a timer for one minute. Make sure you put the timer so you can see it easily when you are doing the test (if you can, ask someone else to time the test).
4. Sit down in the chair so that your feet are flat on the floor.
5. Then put your hands on your hips, let them hang by your sides or hold them loosely together.
6. Stand up from the chair until your legs are completely straight – making sure that you do not use your hands or arms to help you. Then sit back down again. This counts as one sit to stand.
7. Continue sitting up and down on the chair as many times as you can in one minute.
8. Rest for a few seconds if you need to during the test and then carry on if you can.
9. Stop the test at any time if you feel unwell, have chest pain, dizziness or severe breathlessness.
10. When you finish the test measure your heart rate and oxygen levels using the pulse oximeter.