

Simple Tests for health and longevity

Hip to Waist Ratio – This measurement is more accurate and predictive than a BMI scale number. It is a better predictor of early death ([Study Link](#)) than the BMI scale. It also can more accurately predict hypertension ([Study Link](#)), heart disease in women ([Study Link](#)), and diabetes ([Study Link](#)). Decreasing the HWR is associated with significantly lowered risks of developing chronic kidney disease in people with non-alcoholic liver disease. This is a solid test you can do at home to assess your health, fitness, and longevity. As with any test based on the average of average, it is not foolproof. You could have high visceral fat levels and still be measured in the low-risk category. For that reason, do all the tests listed on Simple Test for Health and Longevity to better understand your current state.

Performing the test.

Take a circumference measurement of your waist. (Usually right around the belly button at the smallest part). Then, take the circumference of your hips. (The widest part of the hips)

Waist _____ / Hips _____ = _____

Ex. Waist 35” / Hips 42” = .83

Health risk	Men	Women
Low	.95 or lower	.80 or lower
Moderate	.96-1.0	.81-.85
High	1.0 or higher	.86 or higher

Sit-to-Stand Test – This Brazillian-designed test is built on solid research. It measures your strength, flexibility, balance and coordination, and power-to-body weight ratio. This is a test that can improve with practice. ([Study Link](#))

Here is how you perform the test – [Click here for a short YouTube video.](#)

- Sit on the floor crossed-legged
- Rock yourself forward and stand up without using your hands if possible
- Use the fewest points of contact possible if you must use one hand or a knee to perform the test safely.
- After you are standing, lower yourself down the same way.

Scoring – Everyone starts with a score of 10. 1 point is deducted for every point of contact (i.e. hand, elbow, knee)

The findings of the study (2,000 patients ages 51-80) found that people who scored fewer than eight points were twice as likely to die within the next six years compared with those who scored higher. The mortality rate went up from there.

Grip Strength Test—This test is done with a horizontal bar that you will hang onto with your hands, supporting your entire body weight. Grab the bar with a standard overhand grip, shoulder width apart, and hang as long as possible.

Woman – 1:00 is good, and 1:30 is excellent

Men – 1:30 is good, and 2:00 is excellent

Bolt Test – Blood Oxygen Level Test is a subjective test to assess your breathing in relation to carbon dioxide build-up tolerance and oxygenation. The test is performed by breathing normally: inhale, exhale, and hold. You release the hold when your body tells you to take a breath. This may signal that your brain is giving, swallowing, or doing a diaphragmatic movement mimicking breathing. This is not a test to see how long you can hold it.

Excellent score is 20 +

Balance Test – There are many variations of a balance test. The first thing is to be safe and do it near a counter or something to hold onto if you lose your balance. Start with one foot on the floor and the other foot on the side of your knee. (Bent leg like a stork). Balance each leg as long as you can. If this is easy, great! You can make it more difficult by crossing your arms, moving your head from side to side, and closing your eyes. Those are for the people who can quickly go 2 minutes on each leg.

45 seconds is good, and 1:00 is excellent

Plank Test

With your shoulders supporting your weight and directly underneath your shoulders and your feet together or within 6 inches of each other, your body must be in a straight line when performing this test of core strength, stability, and endurance. Your elbows, forearms, and feet are the only things touching the ground. Draw your belly button to your spine, activate your glutes, and keep your legs straight for as long as possible.

30-60 seconds reflex a weak core

60-120 seconds is average

2-4 minutes is above average

4+ minutes is excellent

Walking speed – Find a track that is $\frac{1}{4}$ mile around or something that you can create the metric below with. You will walk at least 1 mile and 2 miles if possible. Walk as fast as possible.

Metric #1- 1 meter per second – 400 meters 1 lap around a track in 6:40

People who could attain this lived longer than those who couldn't. ([Study Link](#))

Metric #2 - Another study showed people who walked 2 miles per hour or faster (1 lap around the track in 7:30 or 4 laps (1 mile) within 30 minutes) were less likely to die in 10 years. Walking speed is associated with mortality risk. ([Study Link](#))