



NITRO
WELLNESS

FREE GUIDE • FOR ADULTS 60+

The 30-Second *Leg Strength Test*

Find out how your legs compare to other people your age, then follow your own 7-Day Stronger Legs Plan.

INSIDE THIS GUIDE

- ✓ The simple chair test the CDC recommends
- ✓ Your score chart, by age
- ✓ A 7-day plan matched to your level
- ✓ Protein breakfast cheat sheet
- ✓ 30-day progress tracker

A NOTE BEFORE YOU BEGIN

Why I Made *This Guide*

Hello, and thank you for downloading this guide. I'm Nigel Sterling, and I started Nitro Wellness for a very personal reason.

I'm not a doctor, and I'll never pretend to be one. I watched my own mom, my grandmother and my grandfather struggle with the health problems that so often come with getting older.

✂ Optional: add one short, real memory here (for example, the moment you realised how much a loved one's strength had changed). Delete this box if you'd rather not.

Watching someone you love lose their strength stays with you. Afterwards I kept asking myself: **what could we have started doing earlier?** So I began reading everything I could from trusted sources like the CDC, the NIH and published research, and turning it into simple, practical steps.

That's what this guide is. It starts with a two-minute test physical therapists use, so you know exactly where you stand. Then it gives you a gentle plan for *your* level, not someone else's.

Please read the safety note on the next page, and always check with your own doctor about anything that worries you.

And when you've done the test, **reply to my email and tell me your score.** I read every reply, and hearing how you're doing is the best part of this work.

With care, Nigel Sterling

WHY START WITH YOUR LEGS?

Your Legs Are Your *Independence*

After about age 30, adults lose roughly **3–8% of their muscle every decade**, and the loss speeds up after 60. Doctors call this **sarcopenia**. The big muscles in your thighs and hips do the hardest everyday jobs: getting out of a chair, climbing stairs, getting off the toilet, and catching yourself if you trip.

The good news is that **muscle responds at any age**. In a well-known study, people in their 80s and 90s who did simple strength training for eight weeks greatly increased their leg strength and walked faster.

Why this test?

The 30-Second Chair Stand is used by doctors and physical therapists, and it's part of the CDC's **STEADI** fall-prevention toolkit. It needs only a chair and a timer, and it gives you a reliable snapshot of your leg strength and stamina. Take it again after 30 days and you'll see your progress.

⚠ Safety first: please read

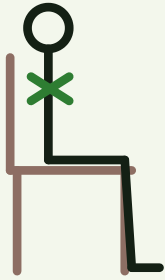
- ✓ Talk to your doctor before starting if you've had a recent fall, surgery or joint replacement, or have a heart condition, dizziness or uncontrolled blood pressure.
- ✓ Put the chair against a wall so it can't slide. Have someone nearby the first time.
- ✓ Stop right away if you feel pain, dizziness, chest discomfort or shortness of breath.

Sources: CDC STEADI 30-Second Chair Stand (2017); Fiatarone et al., *JAMA* 1990; Volpi et al., *Curr Opin Clin Nutr Metab Care* 2004.

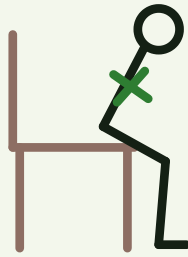
STEP 1

How to Take *the Test*

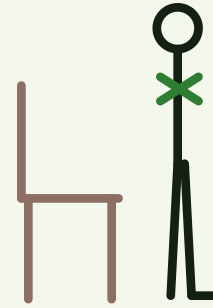
You need: a sturdy chair without arms (seat about 17 in / 43 cm high) placed against a wall, a timer or phone, and, if possible, a friend to count.



1. Sit, arms crossed



2. Lean forward, push up



3. Stand fully, sit back down

- 1 Sit in the middle of the chair, feet flat on the floor about hip-width apart.
- 2 Cross your arms over your chest, hands on opposite shoulders.
- 3 On "Go", stand all the way up, then sit all the way back down. That's **one**.
- 4 Keep going for **30 seconds** at a steady, safe pace, not a race.
- 5 Count every full stand. If you're more than halfway up when time ends, count it.

Needed your arms to push up? Stop the test. Your score is **0**. That doesn't mean failure. It simply means you start at Level 1, which is exactly who this plan was made for.

My score: _____ stands Age: _____ Date: _____

STEP 2

How Do You *Compare?*

Find your age, then see where your score falls.

Women

AGE	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE
60–64	fewer than 12	12–17	18 or more
65–69	fewer than 11	11–16	17 or more
70–74	fewer than 10	10–15	16 or more
75–79	fewer than 10	10–15	16 or more
80–84	fewer than 9	9–14	15 or more
85–89	fewer than 8	8–13	14 or more
90–94	fewer than 4	4–11	12 or more

Men

AGE	BELOW AVERAGE	AVERAGE	ABOVE AVERAGE
60–64	fewer than 14	14–19	20 or more
65–69	fewer than 12	12–18	19 or more
70–74	fewer than 12	12–17	18 or more
75–79	fewer than 11	11–17	18 or more
80–84	fewer than 10	10–15	16 or more
85–89	fewer than 8	8–14	15 or more
90–94	fewer than 7	7–12	13 or more

A below-average score is linked with a higher risk of falls. Below-average cut-offs: CDC STEADI (2017). Average ranges: Rikli & Jones, Senior Fitness Test norms.

Level 1 • Foundation

Below average, or you needed your arms.

Level 2 • Builder

In the average range for your age.

Level 3 • Strong

Above average. Let's keep it that way!

STEP 3

What Your Level *Means*

Level 1 • Foundation

Everyday tasks are asking a lot of your legs right now. That's very common, and it's the level that often improves fastest. Use support (chair arms, your hands on your thighs) and focus on doing the moves slowly and safely.

Level 2 • Builder

You're in the normal range for your age, but normal isn't the goal; *strong* is. Two or three short sessions a week can move you into the top group.

Level 3 • Strong

You're ahead of most people your age. Keep your edge with slower lowering, more reps and harder balance work.

Your 7-Day Plan at a Glance

DAY	WHAT TO DO	TIME
Day 1	Stronger Legs Moves (next page)	10–15 min
Day 2	Easy walk + Balance Hold	L1: 5–10 min • L2: 15–20 • L3: 25–30
Day 3	Stronger Legs Moves	10–15 min
Day 4	Easy walk + Balance Hold	Same as Day 2
Day 5	Stronger Legs Moves	10–15 min
Day 6	Easy walk + Balance Hold	Same as Day 2
Day 7	Rest. Gentle stretching, and celebrate!	Your choice

The golden rule: mild muscle effort is good; joint pain is not. Breathe out as you push up, move slowly, and always keep a sturdy chair within reach.

DAY 1, 3 & 5

The 6 Stronger *Legs Moves*

Do 1 round (Level 1) or 2 rounds (Levels 2–3). Rest 1 minute between rounds.

MOVE	LEVEL 1	LEVEL 2	LEVEL 3
1. Sit-to-Stand Lean forward "nose over toes", push through your heels to stand, then sit down slowly.	5 reps, hands on thighs or chair arms	8–10 reps, arms crossed	12–15 reps, take 3 seconds to sit down
2. Seated Knee Lift Sit tall. Straighten one knee until your leg is level, hold 2 sec, lower slowly.	8 each leg	12 each leg	15 each leg (light ankle weight optional)
3. Heel Raises Stand holding the chair back. Rise onto your toes, lower slowly.	8 reps	12 reps	15 reps, or one leg at a time
4. Side Leg Lift Hold the chair. Lift one leg out to the side, toes forward, body upright.	6 each side	10 each side	12 each side + 2-sec hold
5. Supported March Hold the chair. Lift knees one at a time, like marching.	20 seconds	40 seconds	60 seconds
6. Balance Hold Stand tall next to the chair, eyes forward.	Feet together, both hands on chair, 20 sec	One foot in front of the other, fingertips on chair, 20 sec each	Stand on one leg near the chair, 20 sec each

Want more simple guides like this? Search "Nitro Wellness" on YouTube.
Then leave a comment telling me which move felt hardest. I read the comments myself.

The Protein Breakfast *Cheat Sheet*

Exercise sends the signal to build muscle; **protein supplies the building blocks**. Experts on muscle loss in older adults recommend about **1.0–1.2 g of protein per kg of body weight a day**, more than the standard adult guideline. Yet in one recent study, **60% of women over 60 ate less protein than recommended**.

The simplest fix: aim for **25–30 g of protein at each meal**, starting with breakfast, usually the lowest-protein meal of the day.

INSTEAD OF...	TRY...	PROTEIN (ABOUT)
Toast with jam (~4 g)	2 scrambled eggs + 1 slice whole-grain toast	~17 g
Cereal with milk (~8 g)	1 cup plain Greek yogurt + berries + a spoon of nuts	~25 g
A muffin (~5 g)	1 cup cottage cheese with peaches	~25 g
Plain oatmeal (~5 g)	Oatmeal cooked in milk + 2 Tbsp peanut butter	~20 g
Toast and butter (~4 g)	2-egg omelet with 1 oz cheddar	~19 g

Easy protein to keep at home

Eggs (6 g each) • canned tuna or salmon (~20 g per 3 oz) • chicken (~25 g per 3 oz) • milk (8 g per cup) • cheese (~7 g per oz) • cottage cheese and Greek yogurt • lentils and beans (~8–9 g per ½ cup) • tofu.

Kidney disease or on a special diet? Check with your doctor before increasing protein.

Sources: PROT-AGE Study Group recommendations (Bauer et al., 2013); dietary protein intake in adults 60+ (PMC12637923). Protein amounts are approximate and vary by brand.

KEEP GOING

Your Progress *Tracker*

DAY	LEGS MOVES	WALK + BALANCE	PROTEIN BREAKFAST	HOW I FELT
Day 1	☐	-	☐	
Day 2	-	☐	☐	
Day 3	☐	-	☐	
Day 4	-	☐	☐	
Day 5	☐	-	☐	
Day 6	-	☐	☐	
Day 7	Rest & stretch	☐	☐	

Retest & See Your Progress

	DAY 1	DAY 14	DAY 30
30-second chair stands			
My level			

One small favor 🧡

When you retest on Day 30, **reply to any of my emails with your before-and-after scores.** Your progress could be exactly the encouragement someone else needs, and I'd genuinely love to hear it.

Nigel Sterling · Nitro Wellness · nitrowellness.org

This guide is for general education only and is not medical advice. I'm not a doctor. Please consult a qualified healthcare professional before starting any new exercise or nutrition program, and about any symptoms such as numbness, sudden weakness, pain or falls. Individual results vary. © Nitro Wellness.