

# Reference values for the senior fitness test in Chilean older women [Valores de referencia para la batería de pruebas Senior Fitness Test en mujeres mayores chilenas físicamente activas]

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**Background:** The Senior Fitness Test (SFT) is frequently used to assess physical fitness and functional independence in older people. **Aim:** To establish reference values for the SFT in Chilean physically active older women according to age ranges. **Material and Methods:** Cross-sectional study that included 1048 Chilean women aged between 60 and 85 years. Chair stand (CS), arm curl (AC), two-min walk (2 min), chair sit-and-reach (CSr), back scratch (BS), and timed up-and-go test (TUG) were evaluated. The reference values are presented in percentiles (p5, p10, p25, p50, p75, p90 and p95) and are distributed age intervals (60-64, 65-69, 70-74, 75-79 and ≥ 80 years). **Results:** There was a decrease in strength (CS and AC), aerobic resistance (2 min) and flexibility (CSr and BS) along with age, whereas the time required to perform the timed up and go increased along with age. **Conclusions:** Physically active older women show a deterioration in physical fitness along with age. These women have higher reference values in CS, AC, 2 min and CSr, and lower in BS and TUG, than those reported abroad for the SFT. © 2018, Sociedad Medica de Santiago. All rights reserved.

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