Table 12
Distribution of the household population by sit and reach norms, by age and sex, Canada, 2007 to 2009

	Sit and reach norms								
	Needs improvement			Fair			Good		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To
	percent								
Both sexes									
Age 15 to 19	47.5	40.4	54.5	15.7	13.4	18.0	14.9	11.9	17.8
Age 20 to 39	37.3	34.1	40.4	20.7	17.3	24.1	16.0	13.1	18.9
Age 40 to 59	24.2	19.8	28.5	20.4	17.0	23.8	19.5	15.6	23.4
Age 60 to 69	35.1	30.4	39.7	16.6	14.1	19.2	18.4	15.3	21.6
Age 15 to 69	**32.6**	**30.2**	**35.0**	**19.6**	**17.7**	**21.5**	**17.6**	**16.1**	**19.1**
Males									
Age 15 to 19	48.5	41.9	55.1	19.6	13.3	25.8	18.5	12.5	24.5
Age 20 to 39	42.6	37.1	48.0	18.1	14.2	22.0	16.5	11.8	21.2
Age 40 to 59	20.0	15.9	24.1	21.9	17.8	26.0	18.8	15.3	22.3
Age 60 to 69	40.7	35.7	45.6	16.7	13.3	20.0	18.8	14.4	23.1
Age 15 to 69	**33.7**	**30.8**	**36.7**	**19.6**	**17.4**	**21.7**	**17.9**	**15.5**	**20.3**
Females									
Age 15 to 19	46.5	34.8	58.3	12.2	9.1	15.3	11.6 E	7.7	15.5
Age 20 to 39	31.8	27.8	35.7	23.4	17.8	29.1	15.5	12.0	19.0
Age 40 to 59	28.2	21.7	34.8	18.9	14.2	23.6	20.2	14.2	26.2
Age 60 to 69	29.5	21.6	37.5	16.6	12.6	20.6	18.1	13.6	22.5
Age 15 to 69	**31.4**	**27.4**	**35.4**	**19.7**	**16.9**	**22.5**	**17.4**	**14.9**	**19.9**

	Sit and reach norms					
	Very good			Excellent		
	Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To
	percent					
Both sexes						
Age 15 to 19	12.6	8.5	16.7	9.4	6.6	12.1
Age 20 to 39	13.2	11.1	15.4	12.8	10.3	15.3
Age 40 to 59	19.1	16.9	21.2	16.8	14.2	19.5
Age 60 to 69	16.4	13.1	19.7	13.4	10.3	16.5
Age 15 to 69	**16.0**	**14.4**	**17.5**	**14.2**	**12.8**	**15.7**
Males						
Age 15 to 19	8.5 E	4.0	13.1	4.9 E	2.9	6.9
Age 20 to 39	11.5	7.8	15.3	11.3	8.4	14.3
Age 40 to 59	20.9	16.9	24.9	18.5	14.9	22.1
Age 60 to 69	17.7	12.1	23.3	6.2 E	3.5	8.9
Age 15 to 69	**15.8**	**13.2**	**18.5**	**13.0**	**11.1**	**14.9**
Females						
Age 15 to 19	16.3 E	9.5	23.0	13.4 E	8.1	18.6
Age 20 to 39	14.9	11.3	18.5	14.4	11.3	17.5
Age 40 to 59	17.3	13.7	21.0	15.3	11.8	18.7
Age 60 to 69	15.2	11.7	18.8	20.5 E	13.8	27.3
Age 15 to 69	**16.1**	**13.5**	**18.7**	**15.4**	**12.9**	**17.9**

E   use with caution (data with a coefficient of variation (CV) from 16.6% to 33.3%)
Note(s): The norms used in this table can be found in Canadian Society for Exercise Physiology, 2004, *The Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA)*, 3rd edition, Ottawa. Total household population aged 15 to 69, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).
Source(s): Canadian Health Measures Survey, Cycle 1.