Welcome to your personal Fitness MOT. Active Suffolk will take you through a variety of tests that will give you an indication of your exercise performance. Each test comes with a set of “normal values” for people of different ages and this will give you an idea of whether you are “doing well” compared to your peers, or whether you could benefit from being more active. The end of this pack will give you some local activity opportunities that you might like to join in with and some “online” websites that will give you some more information.

Name: ______________________________________

Date: ______________________________________

Weight: ___________ kg (_________st _____lbs)

Height: ___________ m (_________ft _____ins)
Welcome to your Functional Fitness MOT. These everyday activity tests allow you to compare your performance with others of the same age and gender. You may have a medical condition or other reason for your performance not being average and we encourage you to tell the person doing this test with you if this is the case.

Today, we recorded your ability on each of the following tests and marked your result on the graph (men or women) and wrote your result above the graph.

Interpreting the graphs/test results:
Each graph has two grey lines on it – these are the upper and lower limits of “normal” across the age range 50-95 years. If your score (marked with an X) is between the two grey lines then you are in the normal range for that test for your age and gender. If your X is below these two lines then your performance is below average and if your X is above the two lines then your performance is above average.

Example: If you were aged 77 and female, and managed 12 sit to stands in 30 seconds, you would be in the ‘normal’ range for your age (X).

Your Test Result: 12 Stands  Arms folded?: Yes/No
2 min Step Test
This test is a good indication to apply to things such as walking up the stairs, walking around the house, or walking to the local shops or the park.

Your Test Result: _______ steps

30 Second Chair Rise
The 30-second chair stand measures lower limb strength, which is needed to climb stairs, walk distances, get out of a chair, bathtub or car, and rise from the floor. Lower body strength also helps reduce the risk of balance problems and falls. The test is normally performed with your arms folded.

Your Test Result: _______ Stands  Arms folded?: Yes/No

8 Foot Timed Up and Go
The 8 foot timed up-and-go measures both motor ability and dynamic balance, which are important for a number of common mobility tasks, such as recovering after tripping, manoeuvring in a crowd, being able to walk across the street before the signal lights turns red and a variety of recreational and sports activities.

Your Test Result: _______ Secs  Use of arms to get out of chair? Yes/No
Use of walking aid? Yes/No

One Leg Balance
Balance is important so that you can correct a trip, reach for things in tall cupboards and generally maintain independence.

Your Test Result: _______ Secs  Leg Used: Left/Right

Back Scratch
The back scratch measures upper-body shoulder flexibility, which is necessary for several everyday tasks, such as combing or washing your hair, zipping a dress, putting on an over-the-head garment or reaching for a seat belt. Keeping the shoulders flexible also helps reduce pain and stiffness. A minus (-) score means you could not touch the fingers of both hands, a plus (+) score means you overlapped your hands.

Your Test Result: _______ Cm
Chair Sit and Reach

The chair sit-and-reach is an overall measure of lower-body flexibility, which is important for posture and for mobility tasks like walking and climbing stairs. Lower-body flexibility can also help prevent lower-back pain and musculoskeletal injuries. A minus (-) score means you could not reach your toes, a plus (+) score means you reached past your toes.

Your Test Result: _______ Cm
Physical Activity Guidelines for Health

Do you meet these guidelines? If you do, that’s good and your test results in the Functional Fitness MOT will reflect this.

These questions below give an indication of your physical activity.

What proportion of your day do you spend sitting? Please mark on the line below.

Do you sit for more than 2 hours at a time during the day? ________________

In a normal week (weather permitting) how often do you:

Walk for more than half an hour in one go?: ________________________________

Do you get warmer or breathe slightly more heavily? Yes / No

Play any sporting activities (bowls, tennis, golf, etc)?: _________________

Do you get warmer or breathe slightly more heavily? Yes / No

Attend an exercise class or a gym?: ________________________________

Do you get warmer or breathe slightly more heavily? Yes / No

Do you do activities that strengthen muscles or challenge balance? Yes / No

Swim?: ____________________________________________________________

Do you get warmer or breathe slightly more heavily? Yes / No

Dance?: ___________________________________________________________

Do you get warmer or breathe slightly more heavily? Yes / No

Do exercise at home (from a booklet or DVD)?: _________________________

Do you get warmer or breathe slightly more heavily? Yes / No

Are these exercises aimed at improving strength and/or balance? Yes / No

Do any other leisure activities that make your heart beat faster? ____________
Do any other activities that leave your muscles a bit achy the next day? 

Do any other activities that you have to concentrate to keep your balance? 

If you don’t meet any of the guidelines mentioned above, we will talk through options that might help you increase your activity. This includes considering any medical conditions you may have that might mean we suggest certain activities over others. If there are any components of fitness where your test results are below the average of your peers, we will suggest activities to improve these. When working out an action plan it is always best to try to set short term achievable goals that help you in the longer term make activity a habit.

**Action plan to try to improve your fitness:**

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Local Information

Glasgow Life run classes, sporting activities and walking groups across and around Glasgow. Contact Glasgow Life on 0141 287 9882

Or read about their Vitality Classes at http://www.glasgowlife.org.uk/communities/goodmove/vitality/pages/default.aspx

Or other Glasgow Life opportunities that might be of interest to you – http://events.glasgowlife.org.uk/search?Audience=adults&srt=date

Paths for All offer many guided walking activities in and around Glasgow. Contact Paths for Health on 0141 287 0963

Or visit their online site at http://www.pathsforall.org.uk/find-a-health-walk/glasgow-city/walk-glasgow.html

Or visit your local gym or fitness centre and see what activities they can offer.

Online

Find other physical activity opportunities for you across Scotland - http://www.activescotland.org.uk

Balance Training online – this site allows you to read advice about what activities improve your balance - https://fallsassistant.org.uk/exercise-centre/

Fitness Videos, Home Exercise Booklets and Advice http://www.ageuk.org.uk/health-wellbeing/keeping-fit/exercise-materials/
http://www.laterlifetraining.co.uk/category/resources-for-older-people/

Local Falls Service

The Community Falls Prevention Service offers a home visit for advice on prevention of future falls and if appropriate referral to their specific falls prevention exercise sessions. To find out more call 0141 427 8311. Alternatively you can go online to https://fallsassistant.org.uk and look at the advice there.

Normal Data References:


Physical activity for adults and older adults

Benefits health
Improves sleep
Maintains healthy weight
Manages stress
Improves quality of life

Type II Diabetes -40%
Cardiovascular disease -35%
Falls, depression etc. -30%
Joint and back pain -25%
Cancers (colon and breast) -20%

Some is good, more is better
Make a start today: it’s never too late
Every minute counts

Be active

150 minutes moderate intensity per week
or a combination of both

at least

Build strength on at least 2 days a week

to keep muscles, bones and joints strong

Minimise sedentary time
Break up periods of inactivity

For older adults, to reduce the chance of frailty and falls

Improve balance 2 days a week

UK Chief Medical Officers’ Physical Activity Guidelines 2019

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Functional Fitness MOT for participants