



COMMUNITY
RESOURCE

Functional Fitness MOTs



Feeling less steady on your feet? Measure your strength, balance, and stamina against “normal” for your age, try a free exercise taster and find out how to stay upright and active.

Upcoming dates & locations

20th January, Shrewsbury, University Centre

27th January, Bridgnorth, Castle Hall

18th February, Newport, Cosy Hall

21st February, Church Stretton, Leisure Centre

Book your FREE 2.5-hour appointment

Call **01743 360641** or

email enquiries@community-resource.org.uk

NHS CHARITIES
TOGETHER



Are you aged between 60 and 95? Do you feel at risk of falling? Then why not book yourself in for a Functional Fitness MOT?

Your session includes:

- A one-to-one session of simple tests to see how you're doing for your age bracket or whether you could benefit from being more active.
 - A short taster session in gentle exercise and the chance to find out about suitable local activities and online exercise opportunities.
 - A talk and film presentation on how to reduce your risk of falling, develop a personal Falls Plan for your home and learn how to get up safely if you do fall.
- Take home your fitness test results, personal action plan and information about health, activity and improving strength and balance.



How can you join?

Call **01743 360641** or
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*Attendance is free but a donation towards the work of our charity
would be greatly appreciated.*