



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.

Tuesday, 15th July 2023

Old Shrewsbury Bowling Club, SY1 1XR

Wednesday 23rd August 2023

Claverley Village Hall, WV5 7DS

from 9.30am – 4.30pm

Book your FREE 2.5-hour appointment

Call **01743 360641** or

email **enquiries@community-resource.org.uk**

Supported by



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 or whether you could benefit from being more active.

A short taster session in gentle exercise and information on suitable local and online physical activity 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.



About us

Community Resource is a charity that is committed to making life better for people and communities facing challenges in Shropshire, Telford & Wrekin.

A donation towards the work of our charity would be greatly appreciated.

www.community-resource.org.uk

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