

# Functional Fitness MOTs

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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.

**Thursday 20<sup>th</sup> July 2023**

**Pontesbury Public Hall**

**Shrewsbury Rd, Pontesbury SY5 0QD**

**from 9.00am – 4.00pm**

**Book your FREE 2.5-hour appointment**

Call **01743 360641** or

email [\*\*enquiries@community-resource.org.uk\*\*](mailto:enquiries@community-resource.org.uk)

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Funded 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 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  
email [\*\*enquiries@community-resource.org.uk\*\*](mailto:enquiries@community-resource.org.uk)

Attendance is free but a donation towards the work of our charity would be greatly appreciated.