

TRAINING OPPORTUNITY

Is it about time you had a
Fitness MOT?



We are offering a free
fitness check up and
activity advice to all
aged 60+

ARC Health and Fitness Facilities
Glasgow Caledonian University
Cowcaddens Road
Glasgow G4 0BA



laterLife training



The Functional Fitness MOT

This innovative and person centred assessment activity was designed at Glasgow Caledonian University to highlight the different components of fitness (as recognised in the **2011 UK CMO Guidelines for Older Adults**) necessary for older people to maintain independent living, physical and mental health. The Functional Fitness MOT results can be used with an older person to highlight their individual strengths and weaknesses and the next steps required to initiate physical activity participation. This is followed by discussion around the person's needs, preferences and motivation to take advantage of local opportunities and activities designed to promote active ageing.

Later Life Training provide a series of training days designed to assist Active Ageing professionals to understand how they can use the Functional Fitness MOT with the groups and individuals they work with.

Coming to your area

Monday 9th October 2017

Penrith Methodist Church, Wordsworth Street, Penrith, Cumbria CA11 7QY

Hosted by Cumbria Partnership NHS Foundation Trust and CLIC

This one day practical course, delivered by Bob Laventure, is designed for anyone working with older adults to increase physical activity levels, strength, balance and co-ordination. This includes physical activity practitioners, active ageing development officers, sports development professionals, occupational therapists, therapy assistants, older people health care services, exercise instructors and physiotherapists

More details of the Functional Fitness MOT can be found at

<http://www.laterlifetraining.co.uk/functional-fitness-mots-for-awareness-raising/>

For details of how to book a place email Vicky Johnston victoria.johnston@cumbria.nhs.uk

Functional Fitness MOT programme

9.00 onwards - arrivals

9.30 – 11.00 Session 1 – Introduction to the Functional Fitness MOT

- Raising awareness of functional fitness – an opportunity
- The UK CMO Guidelines for older people and functional fitness

11.00 Refreshments

11.15 – 1.00 Session 2 – Implementing the Functional Fitness MOT

- Practical workshop on implementation
- Participant Q and A

1.00 Lunch

1.30 – 2.45 Session 3 – Guiding the participant towards action

- Interpreting and communicating the Functional Fitness MOT results
- “Having the conversation” - about becoming active.

2.45 Break

3.00 – 4.00 Session 4 – Next steps

- Local opportunities – signposting
- Supporting resources

4.00 – 4.15 Evaluation, close of seminar and departures