

## Learn More

Scan the QR code to explore:

- ✓ Local activity opportunities
- ✓ Government guidelines
- ✓ Evidence-based health information
- ✓ Community events
- ✓ Future Move Health sessions



This passport is for information and educational purposes only. It is not a diagnostic tool. If you have any health concerns, please speak to a healthcare professional.

# Move Health

Moving health closer to people

# My Health Passport



## Why it is good to know your results

- ✓ Understand your current level of fitness and function.
- ✓ Identify areas that could be improved.
- ✓ Gives you a snapshot of your current health.
- ✓ Set realistic health and activity goals.
- ✓ Get signposted to opportunities.



## What do they tell us

**Strength:** shows how strong your muscles are for everyday activities.

**Balance:** indicates your stability, coordination and risk of falls. Good balance helps you stay independent and moving confidently.

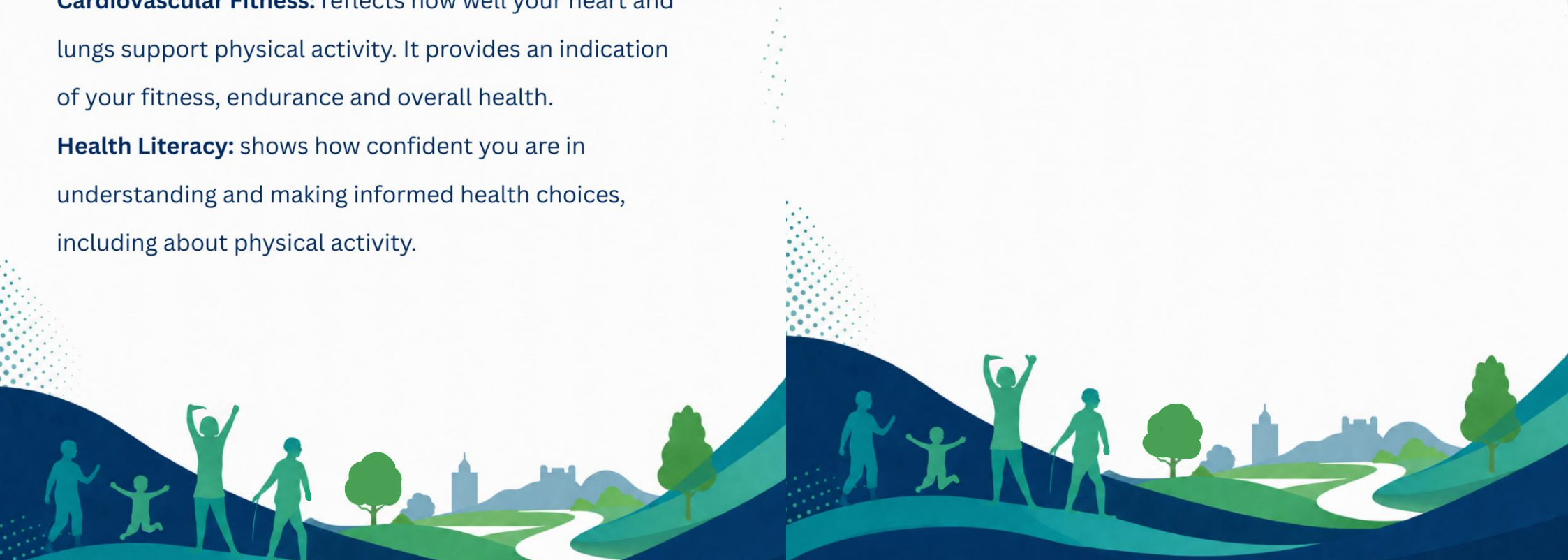
**Mobility:** shows how your joints and muscles move. Good mobility helps make everyday movement easier and also reducing stiffness and injury risk.

**Cardiovascular Fitness:** reflects how well your heart and lungs support physical activity. It provides an indication of your fitness, endurance and overall health.

**Health Literacy:** shows how confident you are in understanding and making informed health choices, including about physical activity.

## Welcome to your Health Passport

Thank you for taking part in the Move Health Community Health MOT! This is your Health Passport. This records your results and gives you some helpful information and better understanding about your health. There is no right or wrong- this is about you and your body.



# Your Results

Here are your results from today- use them as a starting point to better understand your body.

| Station                | Measure                                                  | Your Results |
|------------------------|----------------------------------------------------------|--------------|
| Strength               | Grip Strength                                            |              |
| Balance                | 4 Stage Test                                             |              |
|                        | Function in Sitting Test                                 |              |
| Mobility               | Shoulder Mobility                                        |              |
|                        | Seated Reach                                             |              |
| Cardiovascular Fitness | 30 second sit-to-stand                                   |              |
|                        | Resting blood pressure, heart rate and oxygen saturation |              |
| Health Literacy        | Quiz                                                     |              |

# The Five Stations



## Strength - Grip Strength

Measures the strength in your hand and arm muscles.



## Balance & Stability - 4-Stage or Function in Sitting Test

Assesses your balance and stability.



## Mobility - Shoulder Mobility & Seated Reach

Assesses shoulder mobility and flexibility to see how well you move and reach.



## Cardiovascular Fitness - 30 Second Sit-to-Stand & Cardiorespiratory Measures

Measures lower body strength and endurance during sit-to-stand, alongside resting heart rate, blood pressure and oxygen saturation.



## Health Literacy - Quiz

A short quiz to explore your knowledge and understanding of health & wellbeing and healthy habits.

