

# Functional Fitness MOT at Home™

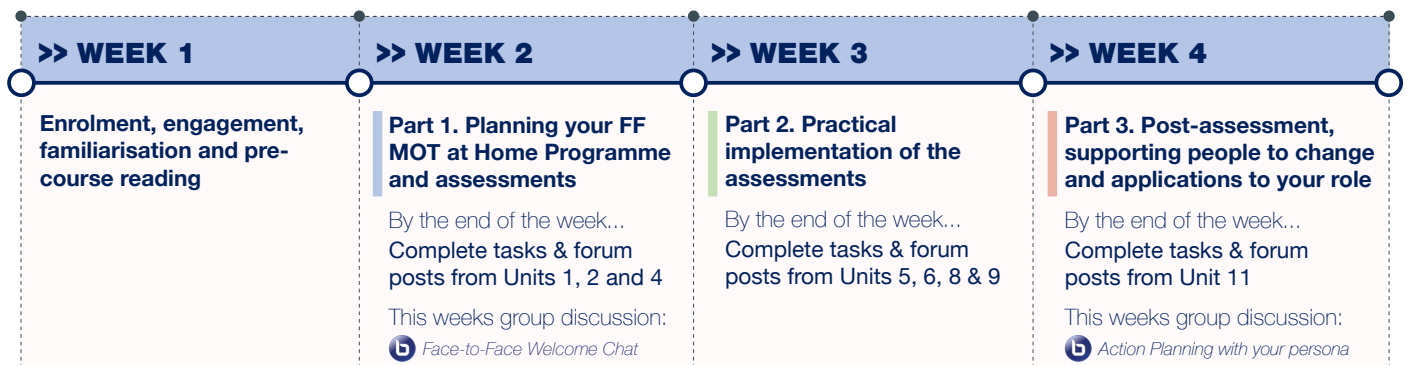
*The FF MOT at Home is a new enhanced online learning course for Wellbeing and Active Ageing, health and fitness, sport and recreation and allied health care professionals to remotely support people aged 50 - 90 and communities in their own homes*



## The Functional Fitness MOT at Home Course will enable you to:

- ✓ Understand the components of functional fitness and their importance for ageing populations
- ✓ Experience the assessment activities from the new Functional Fitness MOT at Home Tool
- ✓ Practice remote communications, including motivation and messaging, tailored to individuals in your communities
- ✓ Plan Functional Fitness MOT at Home assessments for your work settings
- ✓ Maximise the evidence that underpins the use of the Functional Fitness MOT at Home
- ✓ Know how to access additional resources to support the programme

## The online learner journey



Functional fitness is important for the activities of daily living, mobility and independence in later life. Evidence is clear that it has been affected by the impact of Covid19 and activity restriction amongst ageing populations. This has led to increased deconditioning, loss of confidence and feelings of vulnerability.

## Cost

**£70 + VAT**

includes course manual, two one-hour interactive LLT tutor led sessions, and download materials for local customised use

