

21st BIRTHDAY OFFER

FUNCTIONAL FITNESS MOT DISCOUNT

FOR LEISURE, RECREATION AND FITNESS PROVIDERS
WHEN HOSTING A COURSE WITH LLT

To celebrate 21 years in the world of Active Ageing, during 2024, Later Life Training is offering **Leisure, Recreation, and Fitness services and providers** the opportunity to Host their own local course by **purchasing 10 places** (at our normal cost of £70.00 per person + VAT) **and receive up to 10 additional places for free.**

**UP TO 10 FREE PLACES
WHEN PURCHASING 10 PLACES**

FOR FURTHER INFORMATION, VISIT WWW.LATERLIFETRAINING.CO.UK OR EMAIL INFO@LATERLIFETRAINING.CO.UK QUOTING THE LLT BIRTHDAY OFFER
THIS OFFER WILL BE AVAILABLE FOR COURSES RUN MAY 2024 ONWARDS

IN JUNE 2014
THE FUNCTIONAL
FITNESS MOT WAS
INCLUDED AS ONE
OF THE 20 NEW
IDEAS FROM UK
UNIVERSITIES THAT
WILL CHANGE
THE WORLD

Introduced in 2013, the award-winning Functional Fitness MOT programme has now reached over 2,500 physical activity, health and active ageing professionals in the UK.

The Functional Fitness MOT can be used to:

- reach and engage 50+ populations to provide education and information on the importance of Functional Fitness in later life
- engage and educate older people as part of their pre-programme assessment and induction
- measure specific improvements in functional fitness as a result of participation over time
- increase participation by recruiting new participants to local physical activity, exercise and movement programmes

During this Functional Fitness MOT CPD day, participants will:

- ✓ Learn about the components of functional fitness and their importance for ageing populations
- ✓ Experience the assessment activities from the Functional Fitness MOT and practice conversations and messaging, tailored to individuals
- ✓ Plan Functional Fitness MOT assessments activities and events for your facilities and community settings