

# Functional Fitness Scorecard

**What:** The Functional Fitness Scorecard is a **FREE** standardized assessment that focuses on tasks and activities for physical health and wellness. It includes:

- 30-second chair stand
- 30-second arm curl
- Sit & Reach
- Back Scratch
- 2-Minute Step
- 8-Foot Up & Go
- Clock Test
- 4-Stage Balance
- Frailty Scale

**Why:** Participating regularly can help with establishing your baselines, as well as determining your strengths and areas of opportunity. Your results are compared to national averages and personalized recommendations are made.

## How to Get Started:

Contact your Director of Rehab to schedule your appointment

XXX-XXX-XXXX

