

CARDIOVASCULAR

- Risk factors below are associated with heart disease, stroke, heart attacks and diabetes.

<i>Measure</i>	<i>Result</i>	<i>Goal</i>	<i>MET</i>	<i>UNMET</i>
Waist Circumference		F $\leq$ 35", M $\leq$ 40"		
Waist to Hip Ratio		F < .85 M < .90		
Blood Pressure		<140/<90mmHg		
Oxygen Sat	%	$\geq$ 95%	Not scored	Not scored
Heart Rate	bpm	60-100	Not scored	Not scored
At greater risk ☐ 0 points (met none) At some risk ☐ 1 point (met some) Low risk ☐ 2 points (met all)				

STRENGTH

-Risk factors below are associate with bone health and falls.

<i>Measure</i>	<i>Result</i>	<i>Goal</i>	<i>MET</i>	<i>UNMET</i>
Grip Strength	kg	From chart		
Chair Stand	sec	$\leq$ 8 seconds		
At greater risk ☐ 0 points (met none) At some risk ☐ 1 point (met some) Low risk ☐ 2 points (met all)				

WALKING SPEED

-Risk factors below are associated with overall health and fall risk.

<i>Measure</i>	<i>Result</i>	<i>Goal</i>	<i>MET</i>	<i>UNMET</i>
Usual Speed	m/s	$\geq$ 1.2 m/s		
Fast Speed	m/s	$\geq$ 1.7 m/s		
Reserve	m/s	$\geq$.60 m/s		
At greater risk ☐ 0 points (met none) At some risk ☐ 1 point (met some) Low risk ☐ 2 points (met all)				

FLEXIBILITY

- Risk factors below are associated with injury and falls.

<i>Measure</i>	<i>Result</i> <i>R</i> <i>L</i>		<i>Goal</i>	<i>MET</i>	<i>UNMET</i>
Shoulder			≥170 degrees		
Calf			≥5 degrees		
Hip Flexors (Pass/Fail)	P/F	P/F	Pass: Thigh rests flat on plinth.		
Posture (Pass/Fail)	P/F		Pass: No pillow needed.		
At greater risk ☐ 0 points (met none) At some risk ☐ 1 point (met some) Low risk ☐ 2 points (met all)					

BALANCE - Risk factors below are associated with falls.

Measure	Result	Goal	<i>MET</i>	<i>UNMET</i>
Single Leg Stance <i>Eyes Closed</i>	seconds	≥5 seconds		
Single Leg Stance <i>on Foam</i>	seconds	≥15 seconds		
At greater risk ☐ 0 points (met none) At some risk ☐ 1 point (met some) Low risk ☐ 2 points (met all)				

Overall Score: /10

The interpretation of your screen is based on your age and gender for competitive National Senior Games athletes and may not be meaningful for non-athletic individuals.