ATHLETE FITNESS SCORECARD

what I need to improve

- Flexibility
- Strength
- Balance
- Aerobic Fitness

- Referral to a Physical Therapist Recommended

- Referral to Doctor or other health professional Recommended

Reason: ____________________________
Hamstring Stretch

Repeat ___ times on:

_________ Left side
_________ Right side

Count to ____ for each stretch

Calf Stretch

Repeat ___ times on:

_________ Left side
_________ Right side

Count to ____ for each stretch
Hip Stretch (Anterior Hip)

Repeat ___ times on:  Count to ____ for each stretch
       _______ Left side
       _______ Right side

Shoulder Stretch

Repeat ___ times on:  Count to ____ for each stretch
          _______ Left side
          _______ Right side
Strengthening:

Repeat ___ times EACH DAY
Strengthening:

Repeat __ times EACH DAY
**Balance:**

AEROBIC Fitness – 30-60 minutes at least 4 days each week

Walk   Hike   Bicycle   Dance   Wheel Jog

What else do YOU CHOOSE to improve your fitness: _____________________
PREVENTING FALLS

What is a FALL?

A Loss of Balance OR

Uncontrolled contact with a surface (like the floor) or an object (like a table or a person)

Why do we FALL?

Effects from medicines Poor eyesight

Poor balance Weak muscles

Unsafe environment: Worn-out shoes Poor lighting

Clutter

We ALSO fall more as we get OLDER
HOW can we keep from FALLING?

1. **Strength Exercises**
   
2. **Balance Exercises**

3. Get your eyes checked

4. Take your medicines correctly

5. Make your home safe:
   - Bright lights
   - Good shoes
   - Grab bars in bathtub or shower