

Health check instructions

Exercise Right Week activation

Free health check – instruction sheet

Please follow the steps below for each test. Ensure all equipment is working and sanitised between participants.

Blood pressure (automated cuff)

1. Seat the participant comfortably with feet flat on the floor and arm supported at heart level.
2. Ensure they are relaxed and quiet.
3. Wrap the cuff snugly around the upper arm and start the machine.
4. Record the systolic and diastolic readings on:
 - a. Health check score card
 - b. Data results record sheet
5. Let the participant know their result and explain if it's within normal range.

Sit to stand (chair-based)

1. Instruct the participant to sit and stand up fully as many times as possible in 30 seconds, arms crossed over chest.
2. Count and record the total number of full stands on:
 - a. Health check score card
 - b. Data results record sheet

Grip strength (hand dynamometer)

1. Adjust the dynamometer for hand size if needed.
2. Ask the participant to stand or sit upright, arm at side with elbow at 90°, not touching the body.
3. Let them perform two trials per hand, alternating hands.
4. Record the best score for each hand (kg) on:
 - a. Health check score card
 - b. Data results record sheet

Balance test (Balance Mat)

1. Have the participant remove shoes and stand on the mat, arms by sides, eyes open.
2. Ask them to remain still for 30 seconds.
3. Record the result (e.g. sway score or stability index) from the mat on:

- a. Health check score card
- b. Data results record sheet

Things to remember

- Record all results clearly on both the health check score card (to give to participant) and the data results record sheet.
- Clean and reset all equipment between participants.
- Provide your business card to participants who would like to follow up with further consultation.

