



EXERCISE
RIGHT

23-30 May

Exercise Right Week

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Health scorecard

About you...

Name:

Date:

Blood pressure

Grip strength

Balance score

Sit to stand score

See how you compare



This health check does not provide a complete assessment of your overall health. The results are for informational purposes only and should not be used as a substitute for professional medical advice, diagnosis, or treatment. If you have any concerns about your results, please consult your GP.