

Functional Fitness Testing Program



Where: Healthy Futures Hub, 2/151 East Road, Seaford VIC 3198

Cost: Free

Parking: Free and close to the building entrance

Format: Functional fitness testing, led by Physiotherapy students supervised by qualified Physiotherapists.

Duration: 60 minutes

What to bring: A drink bottle, a small towel

Who can attend:

Adults aged 50 or above who want to better understand their current strength, flexibility and fitness

To get involved or find out more, contact:

alliedhealthclinics@monash.edu or 9904 4415

Why you are invited

You are invited because you may benefit from a clear understanding of your current strength, balance, flexibility, and fitness.

What does this program involve?

If you agree to take part, you will complete a one-on-one assessment conducted by a physiotherapy student under supervision. You will be asked to perform simple, validated physical tests that help measure everyday functional abilities. Your results will be explained to you in plain language, and you will receive personalised recommendations to support your health, activity levels, and independence.

Possible benefits

You will gain a clear picture of your current fitness level and receive advice to support your goals. Some participants find this helps guide future exercise or conversations with their health practitioners.

Possible risks

Tests are low-risk and will be supervised. We do not anticipate significant risks.

Do I have to take part?

Participation is voluntary. You may stop attending this program at any time.

If you choose to participate

A team member will reach out to you to schedule an assessment time, talk about your goals, and answer any questions.

