



What if you could reduce your risk for chronic pain, falls and loss of independence?

If you are 50+ years old, Adult Functional Independence Test (AFIT) may be for you.

Sequoia Hospital's new **AFIT program** is your chance to have a comprehensive physical assessment of your flexibility, strength, balance, posture and endurance. Your one-on-one assessment is administered by an Occupational or Physical Therapist. We measure and compare your results with established normative data for your age and sex. Based on your results, an exercise program will be provided that is tailored to your needs.

AFIT results help to:

- Evaluate your strengths and deficits to reduce falls and maintain independence
- Identify impairments early to avoid chronic pain and injuries
- Jump-start an exercise program or tailor your current one

Visit our website for more details and to schedule your AFIT assessment:

register.dignityhealth.org/profile/72239

You may also call the Sequoia Hospital Rehabilitation Department at **(650) 367-5517**
or email **Sequoia.AFIT@commonspirit.org**

