

2<sup>nd</sup> Jan 2018

## **Implementing the Functional Fitness MOT Translating practice into evidence**

Dear Functional Fitness MOT Colleague,

The Functional Fitness MOT programme has now been operational for nearly 5 years and during that time, over 1,000 professionals from the health, physical activity and adult and social care sector have attended more than 50 training events across the UK.

In 2014, the BHF National Centre for Physical Activity and Health compiled an impact report which highlighted in what ways the learning from the Functional Fitness MOT was being used by those attending and partner agencies.

We know that the use of the Functional Fitness MOT has been extended and enhanced in different ways since then and at this time, we wish to extend the learning from these developments with the purpose of sharing with others to improve and extend the effectiveness of practice. Whilst there have been some small scale feasibility studies designed to look at the efficacy of the FFMOT, we also recognize that a significant amount of practical learning and evidence has been collected as a result of local implementation and activity. This is an invitation to you to share your learning.

### ***Learning questions and solutions***

As someone who is already implementing the Functional Fitness MOT  
We would like you to take a little time to identify and share with us

- How you have used the FFMOT with public events and activities
- How you have used the FFMOT with professional and stakeholder events and activities
- Your 6 top tips on implementation that you would pass on to others planning their Functional Fitness MOT activities for the first time.

These top tips should include 3 actions that should always be included (what really worked for you?) and where possible, working to the idea that we also learn from our mistakes, 3 things that you feel were not so helpful (what didn't work for you?).

We intend to collect the learning from a range of partners and agencies and compile this information into a learning summary/implementation guide for wider dissemination.

We hope that you can complete the attached and return by Friday 2<sup>nd</sup> February.

Thanking you in anticipation and happy to provide any additional information you may require.



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