

## ELSA 50+ Health & Life Measurement and Timed Walk Record Card

Serial No: 

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### TIMED WALK

First person: No. 

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 Name 

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Time for first walk: 

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Time for second walk: 

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Second person: No. 

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 Name 

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Time for first walk: 

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Time for second walk: 

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- Assess safety
- Level floor
- No obstacles
- Walking aids acceptable
- Low-heeled shoes or trainers
- Start timer when first foot touches floor **beyond** line
- Stop when first foot touches floor **beyond** line

### Explain and demonstrate:

This is our walking course.

I am going to time you as you walk the course.

I will ask you to walk the course twice.

When I say **Ready, begin** I want you to walk to the other end of the course at your usual walking pace, just as if you were walking down the street to go to the shops. Walk all the way past the other end of the tape before you stop.

### Demonstrate.

*(If room available: I will walk with you.)*

Do you feel this would be safe?

### Preparation before walk:

I'd like you to stand here with your feet lined up at the starting point. Remember to walk at your usual speed, just as if you were walking down the street to go to the shops, and go all the way past the other end of the tape before you stop. Please start walking when I say 'begin'. **Ready, begin.**