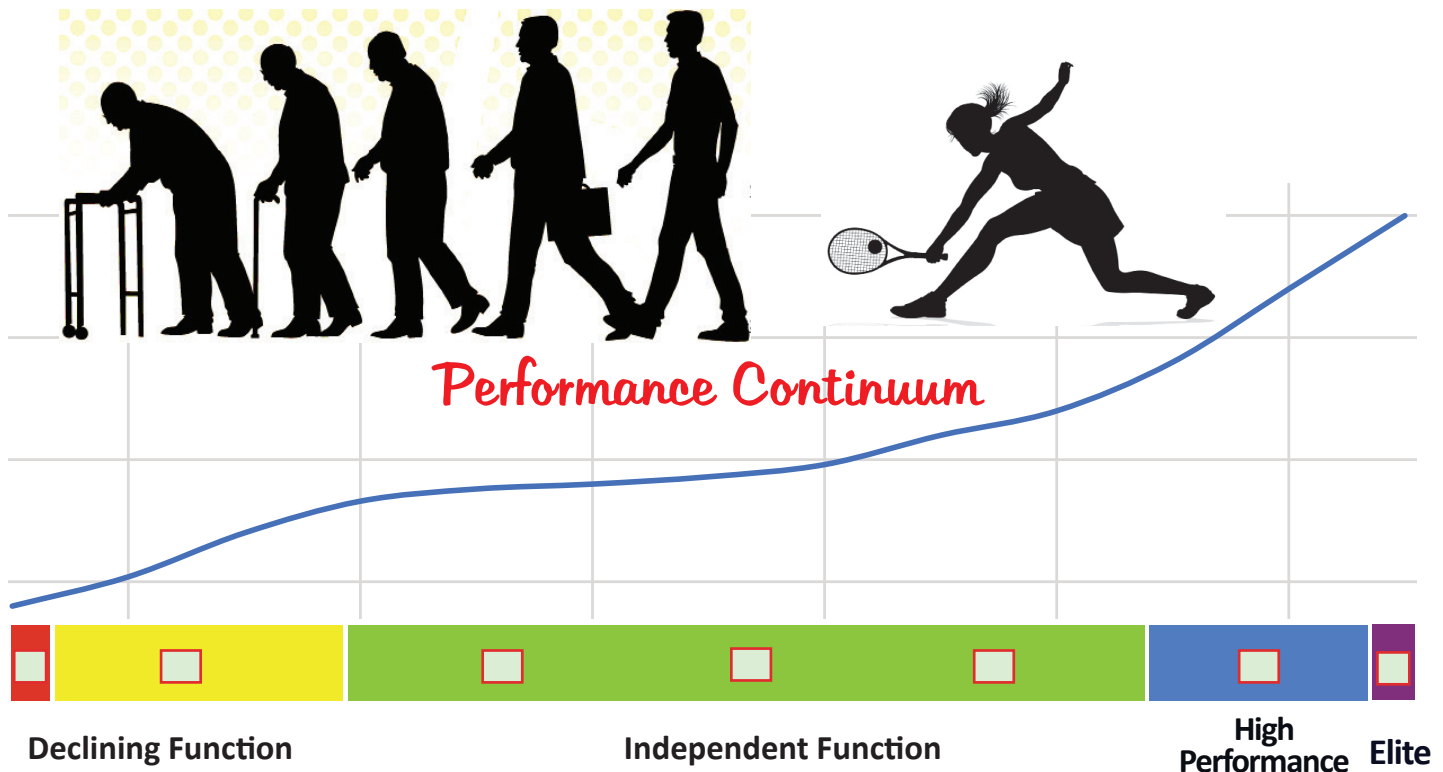


## Your level of performance goal—please give some serious thought

As the years and decades roll by, what level of body/brain performance are you seriously willing to work to achieve? Click the box for the item that best represents your goal. *Before* you respond, please study the chart immediately below, and read over the definitions for the major performance categories.



**A. DECLINING FUNCTION:** Short of physical dependence, declining function refers to a vulnerability to muscle and joint injury and pain, increasing risk for falling, loss of physical strength and endurance, with a shrinking circle of physical activity.

In the extreme, a physical and or cognitive decline leads to others having to do for you what you cannot do for yourself. This could include any of the basic activities of daily living—toileting, dressing, bathing, eating—and instrumental activities of daily living such as food preparation, shopping, driving around town, housekeeping, handling finances, use of telephone, and handling medications.

**C. INDEPENDENT FUNCTION:** You have the ability to be active—to be "out and about"—doing all the things you love to do. You engage in regular exercise that includes aerobic, strength, stretching, and possibly some type of activity or work that requires physical skill.

**D. HIGH PERFORMANCE:** You engage in at least one type of physical activity to a level of high fitness—aerobic, with some bouts of intense exercise; whole body strength; stretching; or regular participation in a skilled movement activity requiring balance and coordination (such as Tai Chi, dancing, skating, racket sports, martial arts).

**E. ELITE PERFORMANCE:** You have exceptional overall good muscular strength, endurance, balance, and coordination for your age. You engage or compete in a physical activity in which you are an exceptional performer—e.g., running, racquet sports, weight lifting, dance, or the martial arts that places you in the top percentage of the population.