Appendix J : OBSERVATIONS OF PHYSICAL ACTIVITY

1. Able to walk 2kms without any difficulty –
2. Squatting down without any difficulty - Yes/No
3. Bending forward without any difficulty – Yes/No
4. Standing working for more than 2 hours – Yes/No
5. Bending backwards – Yes/No
6. Lifting your hand parallel upwards without bending- Yes/No
7. Stretching your legs and holding it – Yes/No
8. Balancing the body while walking – Yes/No
9. Walking without limping- Yes/No
10. Sitting and getting up in a chair without any support- Yes/No