

MOBITEC-GP App

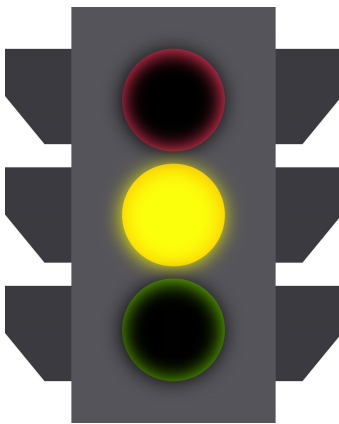
Assessment Report

The MOBITEC-GP app determines the walking speed in a 30-minute stroll and the spatial mobility over a 7-day period.

Your walking speed...

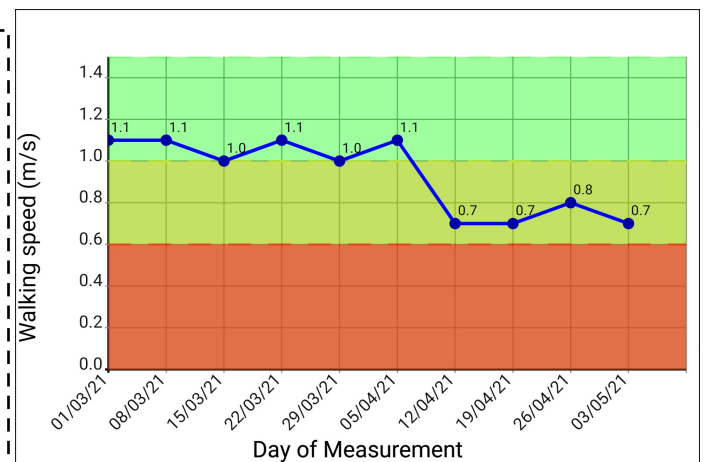
...for the last stroll...

...average speed: 0.7 m/s (2.5 km/h)



A walking speed of less than 0.6 m/s increases the likelihood of falls, functional dependence and the walking inability (Middleton et al. 2015). Permanent changes of 0.1 to 0.2 m/s are considered "clinically relevant" (Bohannon et al. 2014). The walking speed can be increased with appropriate physical training (Hortobágyi et al. 2015).

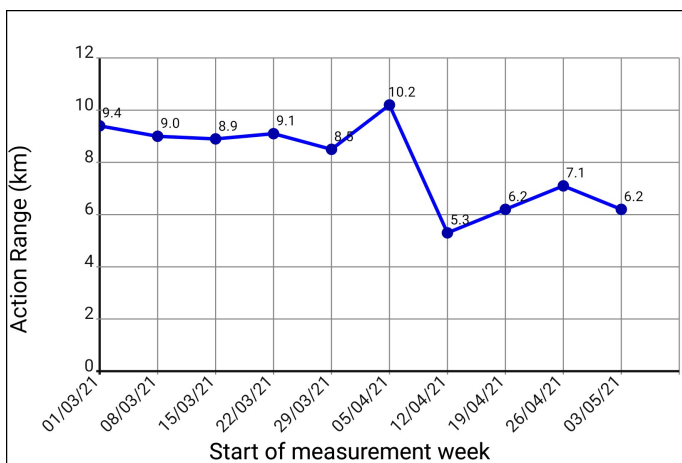
...for the last 10 strolls



Your spatial mobility...

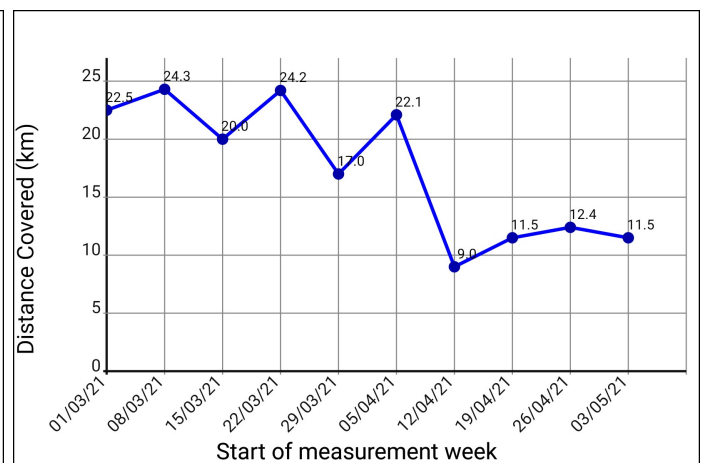
...in the last 10 weeks

Action range



The action range describes the furthest distance from your home (straight line) that you have reached in the relevant week.

Distance covered



The average daily distance in the relevant week outside of one's home. In addition to walking distances, all routes covered by means of transport are also included.