
Case Study 3: Older Adult Female (Bone Health & Mobility Focus)

Client Consultation Record

Category	Details
Client's name	Mrs. Brenda Patel
Age	68
Gender	Female
Description of lifestyle	Brenda is a retired librarian. She leads a very sedentary lifestyle, spending most of her time reading, knitting, or watching television. She lives in a bungalow with her husband. She rarely cooks from scratch and relies on ready meals.
Goals & Motivation	Following a recent check-up, her doctor warned her about "osteopenia" (lower than average bone density) and the risk of osteoporosis. Her main goal is to strengthen her bones and improve her posture, as she feels she is "stooping." She is nervous about gyms.
Present exercise levels (FITT)	Frequency: 0 dedicated exercise sessions. Intensity: Sedentary. Time: N/A. Type: Household chores only.

Past exercise levels (FITT)	Has never engaged in structured exercise or sports. Always preferred sedentary hobbies.
Likes	Gentle movement, quiet environments, social support, yoga/stretching.
Dislikes	Loud music, heavy weights, aggressive cardio, feeling out of breath.

PAR-Q and Health Assessment

Assessment Element	Result/Analysis
PAR-Q Completed?	YES
Answered YES to any questions?	NO
Analysis of PAR-Q responses	Brenda answered NO to all mandatory questions. However, she verbally disclosed the diagnosis of Osteopenia (early bone density loss) during the consultation.
Resting heart rate	82 bpm (Elevated due to lack of fitness).
Blood pressure	118/76 (Normal).
Height	5 ft 4 in

Weight	115 pounds
BMI	19.7 (Healthy weight, bordering on underweight).
Waist circumference	29 inches
Waist to hip ratio	0.78

Results Analysis & Considerations

- **Medical:** Osteopenia requires weight-bearing activity to stimulate bone growth, but high-impact jumping should be introduced very cautiously or avoided initially to prevent fractures.
- **Physical:** High resting heart rate indicates poor cardiovascular fitness; start with very light intensity.
- **Motivation:** She is nervous and dislikes "gym culture." The program needs to be non-intimidating, perhaps utilizing resistance bands and body weight initially before introducing machines.
- **Referral: NO.** A specific medical referral is not strictly necessary as she answered "No" to the heart/chest pain questions, but obtaining guidance from her GP regarding the specific severity of the osteopenia is recommended best practice.