

Gold Health Check

Halton UK

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GOLD HEALTH CHECK

Details

- ✓ Duration: 1 hour 30 min
- ✓ Cost: £68
- ✓ Written feedback report and advice
- ✓ Physical activity and health action plan

Includes

Health questionnaire

A detailed questionnaire to initially establish any known health problems and to identify any signs or symptoms of other possible health conditions.

Height, weight and body mass index (BMI)

Your height and weight will be measured to calculate your BMI. Your BMI helps indicate if you are a healthy weight for your height and if you are at a higher risk of future health problems.

Waist circumference, hip circumference, waist to hip ratio

Waist and hip circumference will be measured and the ratio between the two will be calculated. High circumferences indicate an increased risk of heart disease and diabetes. The ratio gives an initial indicator of body fat distribution in the trunk region.

Body fat

Body fat will be measured using skinfold callipers and will be converted into a body fat percentage. This gives a more detailed measure of body composition than weight alone.

Cholesterol

Total blood cholesterol levels will be measured using a finger prick blood sample from your finger. This drop of blood will be immediately analysed and an instant reading given. High total cholesterol levels effect how well your heart and blood vessels work and have been associated with increased risk of cardiovascular disease.

Blood pressure and resting heart rate

High or low blood pressure is associated with health problems including increased likelihood of dizziness and fainting (low blood pressure) and increased risk of heart attacks and stroke (high blood pressure). Current daily activities and medication may need to be altered depending on your blood pressure.

Diabetes risk score

Hundreds and thousands of people are at risk of developing type 2 diabetes without realising it. Measurements taken in the health check along with a short questionnaire will be used to provide you with a score of how at risk you are of developing type 2 diabetes in the next 10 years. This score can be reduced with lifestyle changes.

Cardiovascular disease risk score

Cardiovascular disease is the second biggest killer in the UK. Data collected in the health check and a short questionnaire will be used to provide you with a score of

how at risk you are of developing cardiovascular disease. This score can be reduced with lifestyle changes.

Hydration

A urine sample will be analysed for hydration levels with an immediate reading given. Being hydrated is important for bodily functions to be carried out efficiently and can help with optimum sports performance.

Cardiovascular fitness

This test requires you to step on and off a step in time with the beat. Your heart rate will be measured and entered into a formula to determine your cardiovascular fitness. A good level of cardiovascular fitness is important for you to carry out daily activities without fatigue, take part in your chosen sport and decrease your risk of future health problems.

Strength

Grip strength will be tested as this is an important element of fitness for daily activities to be carried out well.

Flexibility

Your flexibility will be measured through you performing a variety of different joint actions. Flexibility is important for you to be able to carry out the activities of daily living effectively and for sports performance. Good flexibility reduces risk of injury.

Written feedback report and lifestyle advice

The feedback report outlines your results compared to normative values, interprets your results and clearly explains these to you. It highlights areas that need to be addressed for a fitter, healthier you and offers advice on how to achieve these.

Physical activity and health action plan

Based on your results, we will put together a realistic action plan specific to you, to target your health and fitness goals.