

## A comprehensive assessment for an overall view of your health and fitness



- ✓ Highlights your strengths and areas to improve
- ✓ Guides exercise programme
- ✓ Monitor your progress
- ✓ Written feedback report
- ✓ A choice of silver, gold or platinum

## A choice of assessments and tests

- ✓ BMI, Body Fat, Waist to Hip Ratio
- ✓ Cholesterol, Blood pressure, Hydration
- ✓ Diabetes & Cardiovascular Disease Risk
- ✓ Cardio Fitness, Flexibility, Strength
- ✓ Diet Analysis and Plan

*"I think it's important to get a professional overall view of your health and fitness from time to time and this Health Check achieves just that. The comprehensive follow-up report and written advice is exceptional value for money and provides the guidance you would normally associate with expensive health screening organisations."*

*Robin Garside, Gym member.*

### Halton Health and Fitness Club

Chestnut End, Halton, Aylesbury  
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[www.haltonhealthandfitness.com](http://www.haltonhealthandfitness.com)



I have a first class honours degree in Sport Science and a Masters degree with distinction in Exercise Physiology. These provide me with the high level of skill and detailed knowledge required to deliver this comprehensive health check service. I want to share this knowledge and enthusiasm I have with you, to help make a significant difference to your health and fitness.

## What do I get?

### Silver

- ✓ Health questionnaire
- ✓ Height, weight, BMI
- ✓ Cholesterol
- ✓ Blood pressure and resting heart rate
- ✓ Diabetes risk score
- ✓ Cardiovascular disease risk score
- ✓ Cardiovascular fitness
- ✓ Flexibility
- ✓ Written feedback report
- ✓ Lifestyle advice

Duration: 1 hour  
Cost: £58

### Gold

- ✓ Health questionnaire
- ✓ Height, weight, BMI
- ✓ Cholesterol
- ✓ Blood pressure and resting heart rate
- ✓ Diabetes risk score
- ✓ Cardiovascular disease risk score
- ✓ Cardiovascular fitness
- ✓ Flexibility
- ✓ Written feedback report
- ✓ Lifestyle advice
  
- ✓ Waist to hip ratio
- ✓ Waist circumference and hip circumference
- ✓ Body fat
- ✓ Hydration
- ✓ Strength
- ✓ Physical activity and health action plan

Duration: 1.5 hours  
Cost: £78

### Platinum

- ✓ Health questionnaire
- ✓ Height, weight, BMI
- ✓ Cholesterol
- ✓ Blood pressure and resting heart rate
- ✓ Diabetes risk score
- ✓ Cardiovascular disease risk score
- ✓ Cardiovascular endurance
- ✓ Flexibility
- ✓ Written feedback report
- ✓ Lifestyle advice
  
- ✓ Waist to hip ratio
- ✓ Waist circumference and hip circumference
- ✓ Body fat
- ✓ Hydration
- ✓ Strength
- ✓ Physical activity and health action plan
  
- ✓ Body site circumferences
- ✓ Core stability
- ✓ Resting metabolic rate
- ✓ Diet analysis
- ✓ Diet plan

Duration: 2 hours  
Cost: £148

### Feedback report

The written feedback report outlines each assessment, details and interprets your score and explains this in detail to you.

**The report is clear and concise, using colour and diagrams to help make it easy to understand.**

## Follow Up

A choice of additional services available at a reduced rate:

- ✓ Personal training sessions
- ✓ Training programmes
- ✓ Health check retests