

# Know Your Numbers



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**The Know Your Numbers day is a simple and cost effect assessment, ideal for screening large numbers of people.**

# 123

The assessment day concentrates on 3 key health areas of Body Mass Index, Total Cholesterol and Blood Pressure, as these 3 areas have a significant impact on an individual's health.

# Cholesterol

*The Know your number day is about measurement of 3 key areas, BMI, BP and Cholesterol. This quick and simple day is ideal for screening or a health promotion day, as many people can be tested in very little time.*

*Each person will be given a Body Mass Index assessment. The greater your BMI the greater your health is at risk of various diseases.*

*The only way to find out your cholesterol level is to have it tested, we conduct a finger prick blood sample and give you the results straight away.*

*Lastly each person will also have a blood pressure test, hypertension doubles an individuals risk of heart disease.*

# BP



# BMI

*Each Assessment will last 10 mins and all results will be given on a report card that gives advice and information at the end.*

**All for only £780 per day (£20 per person)  
contact us on 0870 744 7252 Or [sales@fitech.co.uk](mailto:sales@fitech.co.uk)**