

# Wellness Assessment

[www.fitech.co.uk](http://www.fitech.co.uk)

**The Wellness day is a comprehensive assessment looking at various different health and wellbeing areas.**

**Each person will receive a personalised report and have a 30 min assessment with a fully qualified nurse on-site.**

## Assessments

- Lifestyle Review
- Blood Pressure & Heart Rate
- Body Mass Index (BMI)
- Body Composition, Bodyfat %
- Waist to Hip Ratio
- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Blood Glucose
- Coronary Risk
- Strength
- Lung Function
- Report sent direct to your home address
- Company Analysis
- Free Pedometer

*The Wellness Assessment day is designed to be a holistic look at a person's wellbeing. The assessment is delivered on-site by our fully qualified and experienced nurses.*

*The wellness day helps to ensure that your employees are in good health and identify any potential health problems.*

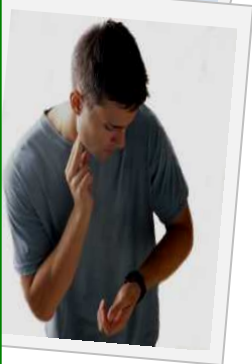
*The wellness day is ideal to use as a regular health assessment as all the results are captured and stored. When the employee is re-tested at a later date the information is used to show potential improvements or regression against past results.*

*This is an extremely good motivational tool to help show that changes in lifestyle and exercise really do make a difference.*

*Fitech have over 25 years experience in the Health and fitness market and have over 1000 Clients*

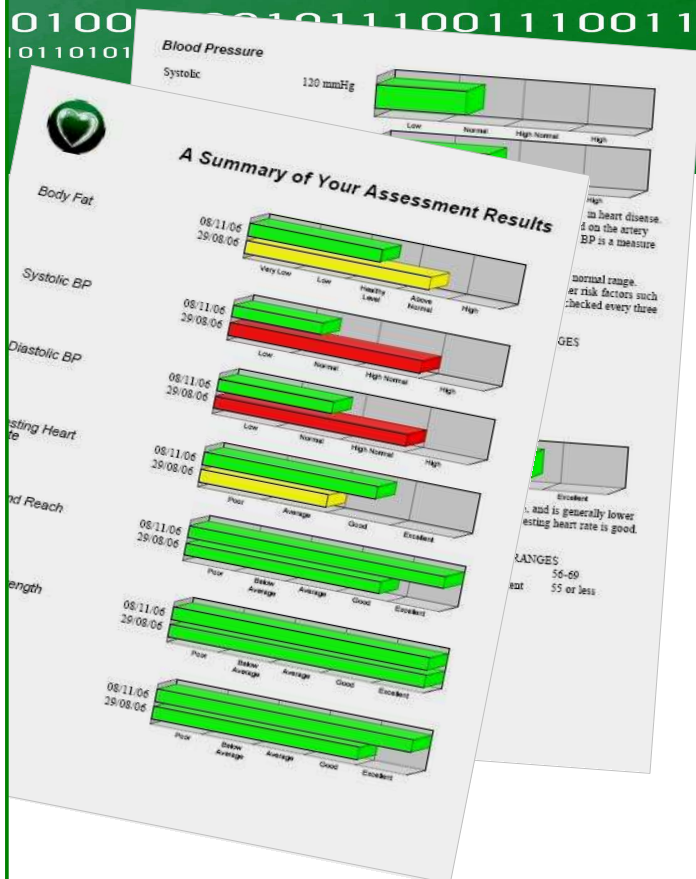
*For more information please contact us on 0870 744 7252 or [sales@fitech.co.uk](mailto:sales@fitech.co.uk)*

**Wellness Assessment Day £780  
- That's only £60 per person**



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The individual report shows each person's results in an easy to understand graphical report.

The results use a simple traffic light system and text giving advice and information.

All results shown are compared against average figures for a person's age/sex/weight and referencing UK guidelines and recommendations.

We also produce management information, this group data will help you to understand the health status of your organization.

The report is useful to identify any potential problem health areas within your business.

For more information please contact us on **0870 744 7252** or [sales@fitech.co.uk](mailto:sales@fitech.co.uk)

