

# ASSESSMENT

## Health Screening

### **BODY COMPOSITION ANALYSIS**

A detailed insight into your body composition, cellular & metabolic health

### **BLOOD PRESSURE**

Blood Pressure can tell you a lot about your cardiovascular health and stress levels.

### **NUTRITION**

A short discussion about the quality of nutrition can help compliment all assessment results.

### **POSTURAL ANALYSIS**

Assess muscular imbalances which are often the cause of joint and muscular pain



## Wellness Assessments

All employee assessments are performed in a private room at your Company.

Each assessment generally takes 20-30 minutes, depending on the level of service you choose for your employees.

### Nutrition

During the assessments, the quality of each employee's diet will also be discussed.

Analysis will then be carried out to determine if inadequate / inappropriate nutrition is responsible for some of the assessment results falling outside of the "normal" range.

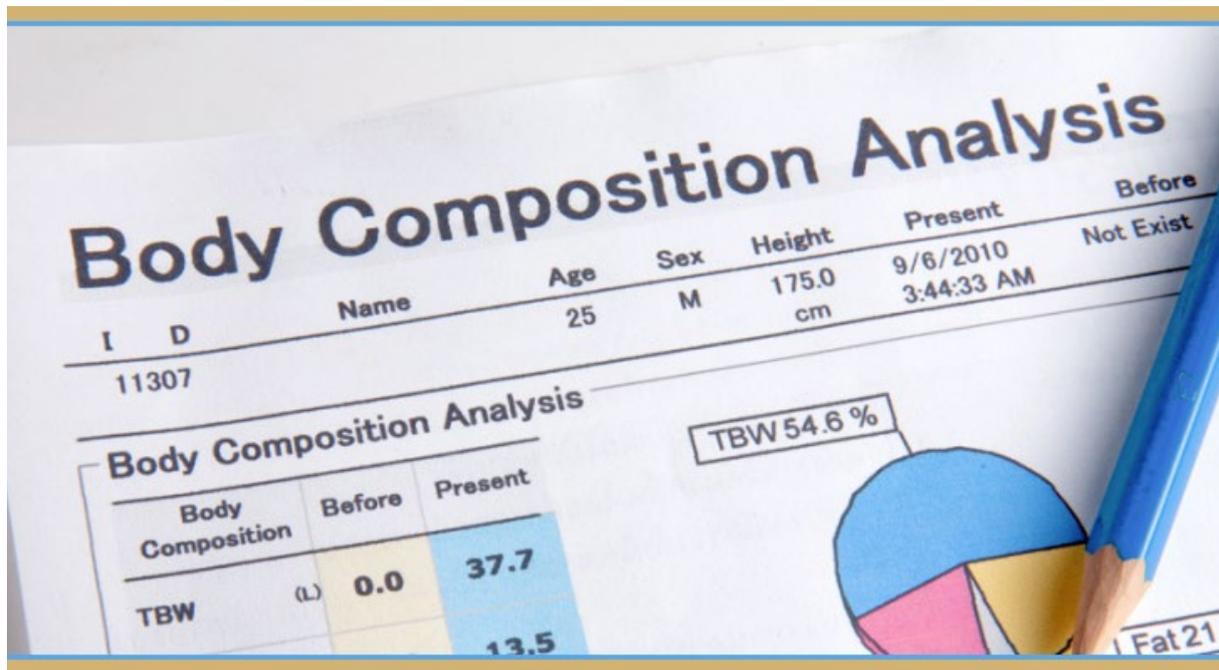


**A standard health assessment is non invasive and can be performed without the inconvenience of having to undress or change into wear sports clothing.**

## Wellness Assessments Available

- **Advanced Body Composition Screening** - including core cellular health analysis (see next page).
- **Blood Pressure Screening** - high readings will result in an advisory to seek further consultation with a GP.
- **Structural Health Assessment** - for diagnosis & treatment of back / neck /shoulder pain.
- **Core Function Tests** - core function is vital to help prevent back pain
- **Fitness Assessments** - available on request
- **Nutritional Analysis** - testing for adrenal exhaustion & blood sugar highs / lows.

# Body Composition Analysis



Along with our standard range of assessments, it is our **Body Composition Analysis** which provides us with a detailed insight into the cellular health of each individual, often giving answers as to why they feel lethargic and “under par.”

This cutting edge assessment takes seconds to do, yet provides a wealth of clinical information that is usually only available in private health practices.

With a detailed report emailed to each employee the following day, the following measurements are assessed and analysed:

- **Hydration Status (both intra-cellular and extra-cellular)**
- **Body Fat %,**
- **Basal Metabolic Rate**
- **Daily Calorie Requirement**
- **Dry Lean Mass**
- **Phase Angle**
- **Wellness Marker**