

Athletic Health Screen

The Athletic Health Screen is designed to do more than just screen for illness and disease. It assesses how fit you actually are and places more emphasis on the foundations of lifestyle medicine; Diet, Sleep, Exercise and Stress management.



Nurse Assessment

(20-30 mins)

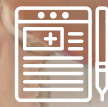
- Height
- Weight
- Spirogram
- Blood test (fasting)
- Urine analysis



Physio Assessment

(20-30 mins)

- Grip strength
- Core balance
- Upper and lower body strength



Medical Consultation

(15 mins)

- Physical examination
- Medical history
- Diet, sleep, exercise review

Note:

- Medical consultations will be conducted by a GP
- No special shoes needed
- Shorts/t-shirts will be provided
- This is not a sweaty exercise

Book a Health Screen Today