

Pro Health ++ is a comprehensive health and wellbeing assessment that lasts 1 hour. The assessment includes access to the full range of the latest technology by a highly trained health and wellbeing consultant.

The Assessment Includes:

- Medical History & Lifestyle Questionnaire
- Height & Weight Measurement
- Body Mass Index
- Body Fat Percentage
- Waist Circumference
- Body Composition
- Hydration Levels
- Blood Glucose Analysis
- Blood Cholesterol Analysis
- Liver Function Analysis
- Anti-Oxidant Level Measurement
- Flexibility Measurement
- Grip Strength Measurement
- Assessment of Aerobic Fitness Level
- Blood Pressure Measurement
- Measurement of Resilience to Stressors

All followed by:

- Discussion of results and findings
- Discussion of management of any health issues identified
- Detailed lifestyle coaching and personalised action plan
- Personalised report