

Pro Health is a health & lifestyle assessment that lasts 30 minutes. The particular feature of this assessment is its focus on today's lifestyle and health issues. This health check identifies the main lifestyle risk factors for heart disease & cancer, with practical advice to help you manage risks for the future.

The pro health assessment is delivered by a highly trained health and wellbeing consultant to motivate behaviour change where necessary.

The Assessment Includes:

- Medical History & Lifestyle Questionnaire
- Height & Weight Measurement
- Body Mass Index
- Body Fat Percentage
- Waist Circumference
- Anti-Oxidant Level Measurement
- Blood Pressure Measurement

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