

Vitality Health Check



Improve Your Life



Time to take control of your Health and Wellbeing from the Inside Out

Our four assessment areas give a comprehensive vitality check:



Metabolicscan

Determines resting metabolism and metabolic profile (including fat and carb building mode).



Bodyscan

Shows the distribution of body fat, lean mass, body water and muscles.



Lifestylescan

Documents relevant risk parameters and measure blood pressure.



Cardioscan

Charts the stress, fitness and training levels of your heart.

Use your Vitality Health Check results to make positive improvements in your:



Physical Training: *Find a safe and effective program for your training goals.*



Nutritional Intake: *Expert coaching will ensure you know the right foods for sustainable success.*



Mental Health: *Explore what causes you to make decisions and develop resilience from the inside out.*



Time to Invest in Your Health and Wellbeing



Contact the Clinic to start your Vitality journey today.

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Clinic