

## Healthy Heart Analysis

By completing a Healthy Heart Analysis we are not only able to assess your current fitness level but also give warning on areas of your health that may cause problems for you in the future. Tests are both passive and exercise based.

Using Elite's state of the art equipment we assess a range of tests including lifestyle, cholesterol, BMI, body-fat, blood sugars, lung capacity, flexibility, strength and fitness. Your results are fully explained and presented as part of a health information booklet.

Complete Testing takes about 2 hours to complete (physical and passive/office based) and can be carried out in your home or office. These tests are structured to enable a range of fitness levels to be assessed, from the beginner to the elite. A condensed Healthy Heart Analysis suited to 20-30 minute time slots is also available and can be structured according to your requirements.

Â