

An advanced health and fitness assessment providing an in depth profile of your Lifestyle, Health and Fitness.

Service includes the following:

1. Pre-Assessment Questionnaire to obtain a complete personal/family medical history which also includes and outline of your sports specific personal training goal and the below:
  - Dietary Analysis
  - Medications/Supplements
  - Exercise/Activity Profile
  - Stress Profile
2. Urinalysis
3. Resting Measurements:
  - Fasting Blood Cholesterol and Glucose Assessment
  - Body Composition Assessment
  - Resting Blood Pressure Assessment
  - Respiratory Function Assessment
  - Resting Electrocardiogram
4. Exercise Stress Test/Fitness Test
  - 12 Lead Electrocardiogram Monitoring
  - Gas Exchange Monitoring
  - Wingate test (optional and additional fee required)
5. Following your Stress/Fitness test lunch will be provided
6. Motivational Coaching
  - De-briefing by a Healthcare Advisor and Physician
  - Goal Setting and drafting of an action plan
7. Comprehensive Personal Report and Exercise Guidance
  - One to One Coaching in one of our in house gyms
8. Assignment of a Personal Healthcare Advisor
  - Regular Newsletters
  - Booking of 6 or 12 monthly repeat assessment/evaluation
9. Medical Referral where necessary

**Wellness International Limited**

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## 'adiTRAIN'

An advanced health and fitness program providing an in depth assessments of your Lifestyle, Health, Fitness and wellbeing, followed by one to one coaching in one of our in house gyms

Unique to this health check is a cardio-vascular exercise test, which measures the efficiency of your heart and lungs at getting oxygen to your muscles to create energy. This test will give you an accurate measure of your aerobic fitness.

Each evaluation takes approximately 3.5 hours with a wide range of comprehensive medical tests and up to 2 hours of this allocated time with the qualified Healthcare Advisor and Doctor where appropriate.

The Wellness International Health Assessment is designed to provide information on your current level of health and fitness, and to provide lifestyle modification strategies to improve your overall "well-being".

The evaluation includes the following tests, examinations and reports:

- Personal Medical History / Family Medical History / Medications /Supplements/ Exercise Profile.
- Nutrition assessment & Stress profile [Questionnaire based].
- Blood Lipid Profile including Total Cholesterol, High - Density Lipoprotein [HDL] & Low - Density Lipoprotein [LDL] cholesterol, TC/HDL ratio and Triglycerides.
- Blood Glucose.
- Urinalysis – testing the urine provides information about a number of problems, including kidney disease, urinary tract infections and diabetes.\*
- Physical Measurements including: Height, Weight, Body Fat %, Waist circumference, Body Mass Index [BMI]
- Lung Function
- Resting Blood Pressure
- An Exercise Stress Test on a treadmill or bike\*\* (both will be available on the day of your assessment) with 12 lead electrocardiogram [ECG] and respiratory gas analysis used to assess cardio respiratory health and fitness. A cardiologist will review test results where appropriate.
- A Personal report with your results plus in-depth post-evaluation counselling with your Healthcare Advisor and Doctor will be provided and reviewed during the counselling session, the option will be then given to have a personal exercise prescription or one to one coaching in one of our in house gyms.
- The option to return at 6 and 12 months for a repeat health evaluation (additional fee required)

Your aerobic fitness can indicate your risk of developing a number of conditions, including heart disease and cancer. We can advise you during your counseling on what sort of exercise might suit you best and how hard you need to work to maximise the benefits.

\* Additional: Biochemistry Profile/Haematology Profile: By taking a blood sample we will be able to assess liver and kidney function and check for the presence of anaemia. We can also provide more in depth lipid profiling, Prostate Specific Antigen Testing [PSA] for men and Thyroid Function tests for women if deemed necessary. Please phone or email us on 0161 930 2497/2477 & [wellness.centre@adidas.com](mailto:wellness.centre@adidas.com) for more information.

\*\* An Exercise Bike can be used if you have any problems walking/running due to arthritis or previous injuries.

**To book an 'adiTRAIN' health and fitness assessment, please phone us on 0161 930 2497/2477 or email us at [wellness.centre@adidas.com](mailto:wellness.centre@adidas.com)**