

# Lifestyle Health Assessment

A contemporary assessment with a focus on common health issues and lifestyle change.



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**Welcome to the Lifestyle Health Assessment.  
A contemporary assessment with a focus on common  
health issues and lifestyle change.**

Using the latest health testing technology, your physiologist will guide you through a comprehensive range of tests, with plenty of time to discuss and explain your results. The focus of your assessment will be a one-to-one coaching session with your physiologist, who will tailor a personalised programme to help motivate lifestyle and behaviour change. With our expert guidance, you'll have all you need to achieve your wellbeing goals, and live life to the full.

The Lifestyle Health Assessment will highlight any common health concerns, from weight management and stress, to poor sleep patterns and posture. If any serious health issues are found, we'll refer you to the relevant health experts.

If you have any particular concerns about your health, fitness or lifestyle, we'll be more than happy to talk through these with you.



# Understanding your Health Assessment

Below are some of the key areas we look at in your assessment. Please see overleaf for a full list of tests.



## Check stress levels

Now you can control the level of stress you feel and stop it making you ill. Using cutting-edge technology, we will measure your ability to cope with stress, and help you combat the effects.



## Check diet and nutrition

We're constantly told what we should eat, but what's right for you, personally? Using our cutting-edge dietary analysis system, we will provide you with a detailed assessment of your nutritional habits so you can understand the key strengths and weaknesses of your diet and know what changes need to be made.



## Check diabetes

Over half a million people in the UK have diabetes without knowing it. With a simple blood test and urine analysis, we can diagnose diabetes and help you manage glucose levels through exercise, nutrition and other lifestyle changes.



## Check cholesterol

Your heart is your body's most vital organ, so make it healthier with a few simple changes. We use a pin prick test to assess your cholesterol levels and help you improve your diet and fitness.



### Check posture

Back pain is very common, but how you treat your back can determine whether you will have to live with it long-term. We will assess your posture using a computerised spinal assessment device and help you make positive changes to your work and home routine to avoid back pain.



### Check fitness

Using your test results and our discussions with you, we will assess your fitness levels. You'll then have a coaching session with your physiologist to help you identify any changes you need to make to your diet, exercise levels and lifestyle.



### Check lifestyle goals

It's no good having a list of test results without the knowledge and motivation to make lifestyle changes. Your physiologist will give you a one to one coaching session and will make sure you leave with a lifestyle programme to suit you.

## Tests include:

- Medical history and lifestyle questionnaire
- Height and weight measurement
- Body Mass Index
- Body fat percentage
- Waist to hip ratio
- Nuffield Body Composition Index
- Hydration levels
- Urine analysis
- Blood glucose and cholesterol measurement
- Analysis of general nutritional status
- Computerised spinal assessment
- Measurement of physiological resilience to stressors
- Blood pressure measurement
- Assessment of fitness level
- Cancer prevention awareness

## How to book your health assessment

Call our bookings team on **08452 30 20 40** and make an appointment for a time that suits you. Your assessment will take up to 1 hour.

## A little bit about us

At Nuffield Health we like to challenge the way people think about and manage their health. We've brought together expertise from our health clubs, medical clinics and hospitals, to help you lead a healthier, happier life.