



Saving lives in the workplace

Introduction

Average life expectancy has gradually increased throughout the 20th century as infectious diseases have declined. However, chronic diseases have come to the forefront as the nation's main killer and a number of factors, including diet and lifestyle choices, have been identified as key contributors to this epidemic.

Without a default retirement age in the UK, employees can continue to work for as long as they want and as a result the working population is getting older. For employees and employers alike, emphasis on improving personal health and wellbeing to sustain healthy bodies and minds is essential.

The challenge

To deliver a service that addresses lifestyle choices and measures significant health indicators, which could potentially lead to chronic diseases. To help our clients provide a health service in the workplace which educates and informs employees on preventative steps to avoid ill-health and promote wellbeing.

Our solution

Using medical research and expertise we created a simple and effective Lifestyle Health Check which is portable, adaptable and accessible for all employees. During a convenient 30 minute onsite appointment, the Lifestyle Health Check includes:

- Blood pressure
- Body composition analysis
 - Height
 - Weight

- Body mass index
- Body fat %
- Waist/hip ratio
- Cholesterol (blood lipids)
- Blood glucose

Tests are conducted by a trained professional who explains the importance of each result and suggests steps which can be taken to avoid health issues in the future.

The result

A comprehensive lifestyle check within your workplace which addresses fundamental health concerns and provides preventative measures to ensure the longevity of employee health and wellbeing.

"Excellent advice and encouragement towards health goals is offered. My previous meeting with the health 'guru' inspired me to lose 2 stone in weight and generally adopt a healthier lifestyle - resulting in much improved blood pressure readings. Thanks fitnut!"

"Very efficient service to gauge status of key health indicators, offering clear guidance on how to aim for improvement in behaviour and practice."

"A free and painless way of getting a basic body analysis - lets you know if you are doing the right (or wrong) things for your long term health."

"I like to see my own progress between each session not only that but it is convenient and you get a lot of answers to questions and great suggestions."



Find out more

For more information please call us on 01975 641 312 or email info@fitnut.co.uk