

What are you really made of? My Health Check Point – Self Check

Visit to find out your:

- **Blood Pressure**
The force your heart uses to pump blood around your body
- **Body Mass Index**
A measure see if you are a healthy weight for your height
- **Body Fat %**
How much of your body weight is fat
- **Visceral Fat**
The amount of harmful fat in your stomach area
- **Body Water %**
How hydrated you are
- **Metabolic Rate**
How many calories you need a day
- **Metabolic Age**
How your body compares to other age groups



Totally anonymous - help and advise available if required
Thursday 18th August – 09:30am to 16:00pm
Tuesday 23rd August - 09:00am until 15:00pm
Canteen, Ground Floor – CEMEX House