

Health MOT

As a member of the Live Well Fitness Centre, you are entitled to Health MOT when you join and repeat assessment every 3 months.

The 60 minute Health MOT is an in-depth assessment of your overall health, based on a series of checks and tests that we carry-out to determine, what we refer to as, your '*health score*'.

From there the Wellbeing advisor can help you create an action plan to improve your overall wellbeing.

What we measure in our Health MOT

- Body mass index (BMI)
- Waist to hip ratio
- Blood pressure
- Resting heart rate
- Cholesterol
- Sugar levels
- Aerobic fitness

During your Health MOT you will also have the opportunity to discuss your hydration, alcohol intake, sleep quality and any existing injuries, with our expert Fitness and Wellbeing advisor.

You will need to follow some pre- assessment criteria;

- No food or stimulants for 2 hours prior
- No vigorous exercise on the day prior
- No alcohol for 12 hours prior
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The HMOT is done at rest- there is no exercise is involved.