

## **Free access to health analysis and screening including boditrax**

- To access this offer you will need to ensure you have a Legend Staff Membership Number.
- If you don't have one of these, please follow the instructions on the benefits homepage.
- For the session, you get a 60-minute appointment.
- This needs to be booked via Legend front of house module via activities > Gym member journey products > 'Staff health analysis'.

If your centre has Health & Fitness coaches, you can get **FREE** health analysis and screening including boditrax.

### **What's included?**

- boditrax scan – with detailed explanation of results.
- Blood pressure reading – to have a clearer picture of your risk of heart disease and stroke.
- Movement screen – to identify any strengths and/or weaknesses in day-to-day movement.
- Fitness test – to get an accurate starting level in your fitness journey.
- Personalised programme - tailored to the results above - to help you feel the best version of you.