

Commit to get fit
RAISE YOUR
GAME



Lifestyle 360 assessment

To help you with your fitness goals so that you can measure and manage your outcomes.

Our new Lifestyle 360 service is the perfect all round assessment to support you and your health & fitness goals.

Lifestyle 360 includes measuring blood pressure and grip strength and a lifestyle review. You can choose to add in aerobic fitness, flexibility and body composition with our unique 3D Body Scan for accuracy.

To book your 30-minute appointment email
pt@healthoutfit.co.uk

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