

DO YOU WANT TO CHANGE TO A HEALTHIER LIFESTYLE?

ATTEND ONE OF OUR **WELLNESS
DAYS** TO FIND OUT YOUR HEALTH
& FITNESS STATUS

**VOLUNTEER TO TAKE PART IN OUR RESEARCH
(APPROX 35 MINS)**

Testing will include:

- Height, weight, waist circumference
- Blood pressure
- Blood sugar (via finger prick)
- Health status
- General Fitness (12 min walk & flexibility)

BENEFITS OF PARTICIPATING

- Health & fitness report
- Gain insight to simple lifestyle changes to help improve your health & fitness.

TO QUALIFY you need to be sure you do not need medical clearance from a doctor to exercise

DATES:

**Monday 9th, 16th or
23rd October**

**Where: Quad Area
(Outside Barnard Fuller, UCT
Medical Campus)**

Time: 10–3pm

On the day: please
wear exercise shoes

FOR ENQUIRES CONTACT US

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