



HAMPDEN SPORTS CLINIC

REACH & RECOVER

For the Love of Scotland Fundraising Auction (629)

Starting: 21st May 2020 17:30

Ending: 29th May 2020 18:00, Timed Online

Lot 24

HEALTH PACKAGE - HEALTH & FITNESS SCREENING Courtesy of Hampden Sports Clinic

- Review of Health Questionnaire
- Exercise Consultation
- Mental Health Screening
- General Medical Examination (Including Heart, Lungs & Blood Pressure)
- Peak Flow & Oxygen Saturation,
- Urinalysis Including Kidney & Diabetes Testing
- Heart & Stroke Risk Assessment
- Resting ECG
- Exercise ECG
- Lung Function Testing (Spirometry)
- Cardiovascular Fitness Testing
VO2 Max, Body Composition

(Height, Weight, BMI & Skin-fold Callipers for Body Fat Percentage)