

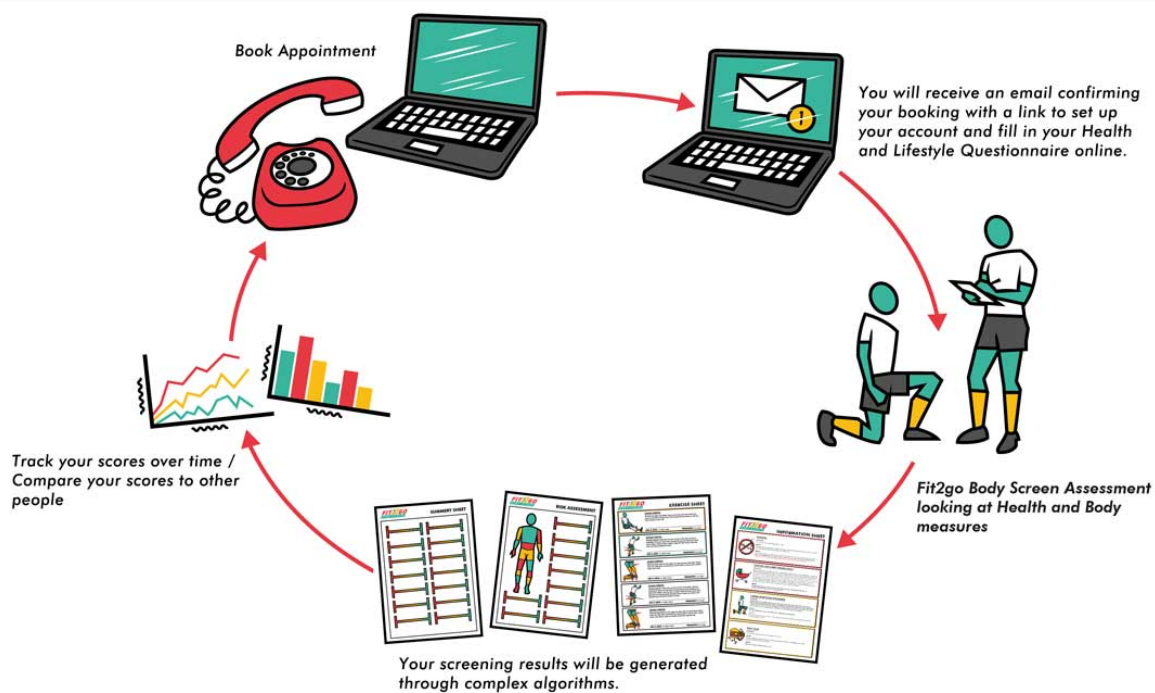
# **FIT2GO**

## **BODY SCREEN**

**HEALTH · LIFESTYLE · BODY**

## How it works

### Process of the screen



# HEALTH



BLOOD PRESSURE



HEART RATE



SATS



BODY FAT RISK



LUNG VOLUME



CALIPER



SMOKING/DRINKING  
HABITS



STRESS



DIET



CAFFINE



CHOLESTEROL  
(OPTIONAL)



WATER



SLEEP

# LIFESTYLE



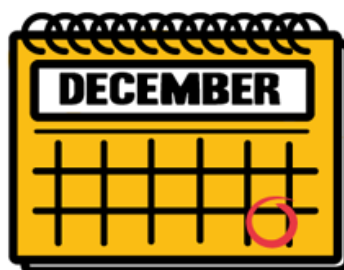
**EXERCISE HABITS**



**LOADING**



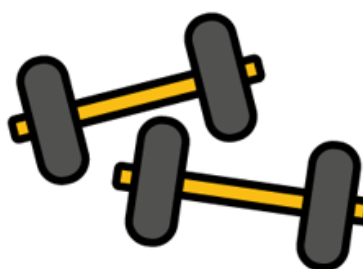
**PAST MEDICAL HISTORY**



**MANAGEMENT OF EXERCISES**

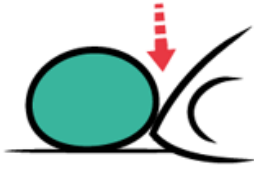


**APPROACH TO EXERCISE**



**GYM SPECIFIC ACTIVITIES**

# BODY



NECK STABILITY



SHOULDER STRENGTH



SHOULDER PROPRIOCEPTION



SCAPULOTHORACIC MOVEMENT



LATS



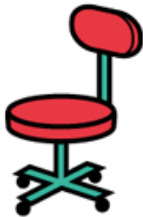
GRIP



CORE STABILITY



PELVIC ALIGNMENT



SITTING POSTURE



QUAD LENGTH



HIP FLEXOR



HAMSTRINGS



GASTROSOLEUS



DEEP BREATHING



FUNCTIONAL MOVEMENT (COMPENSATIONS)



FUNCTIONAL BALANCE



SINGLE LEG BALANCE



CENTRE OF BALANCE/ BASE OF SUPPORT



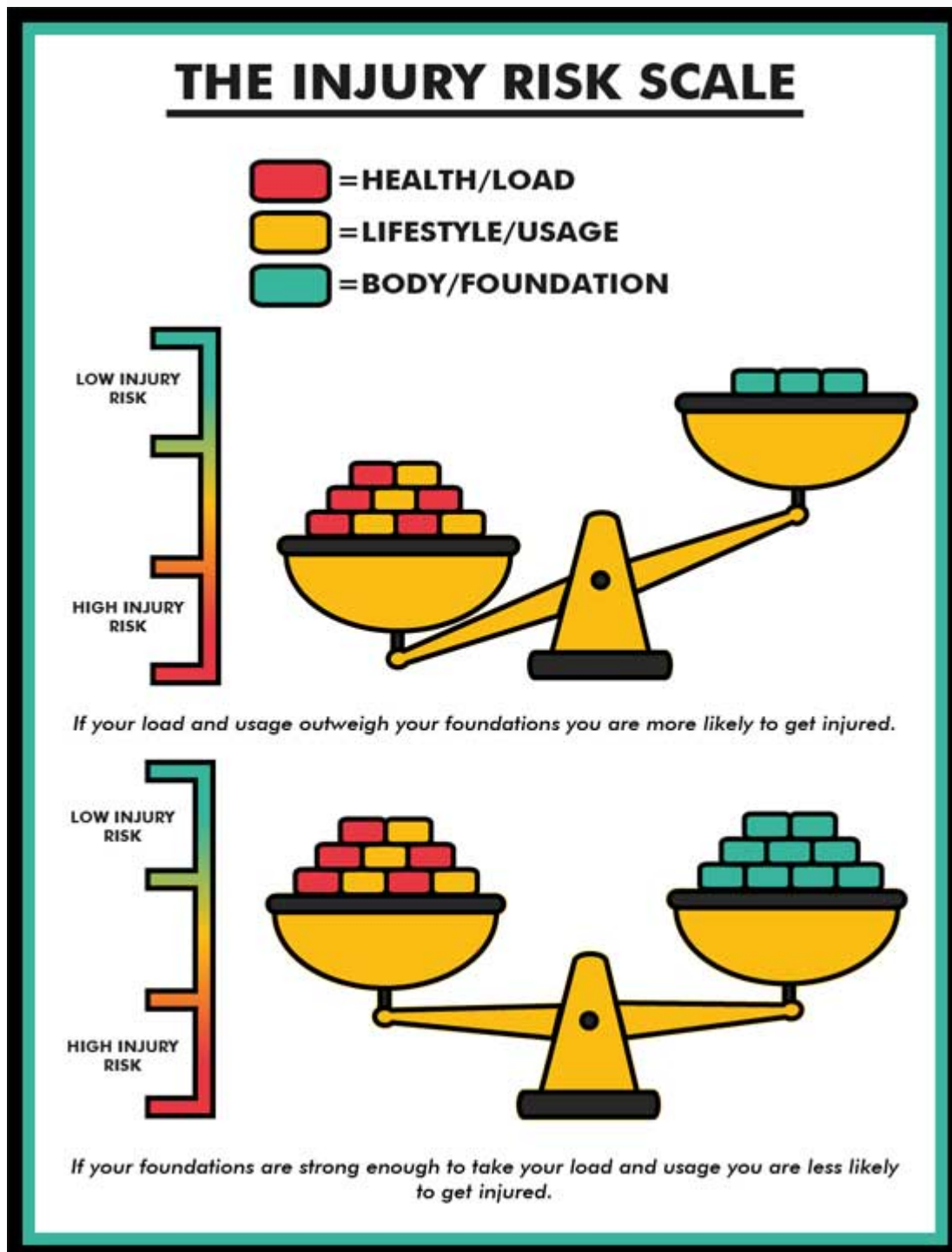
LEG WEIGHT DISTRIBUTION



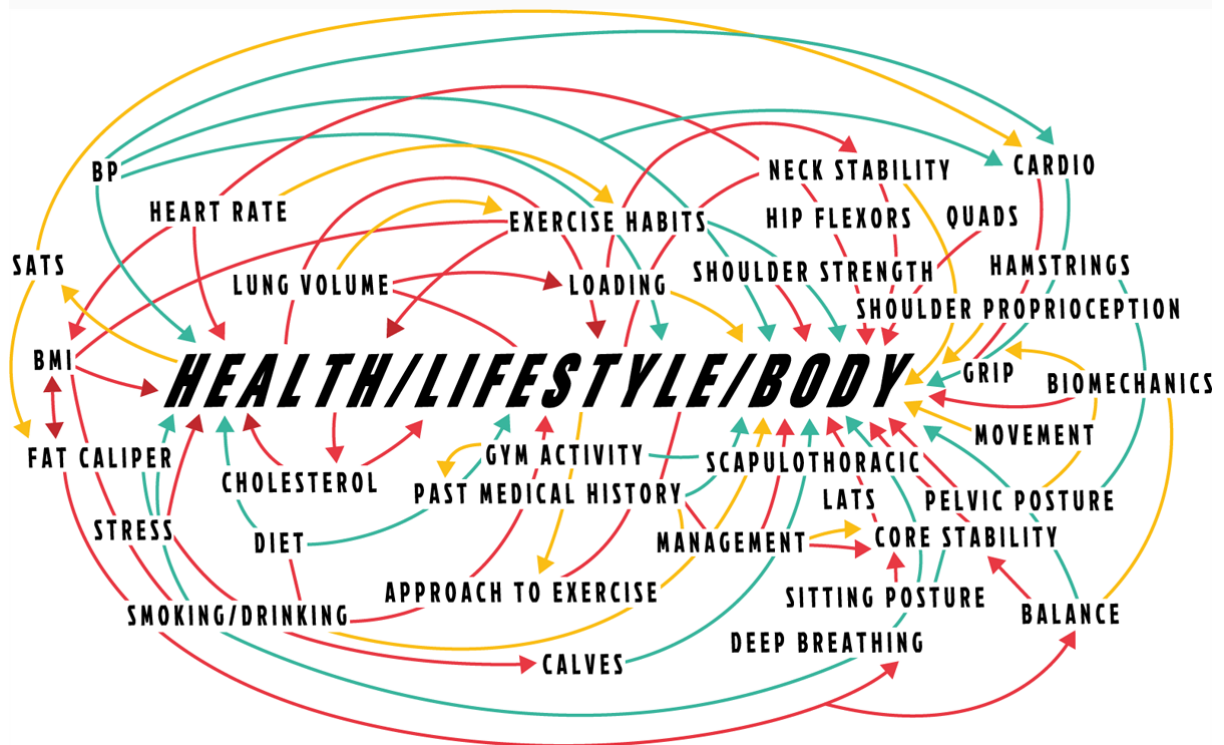
CARDIO - HEALTH, RECOVERY SPEED

# Injury Risk Scale

The physiotherapists that have designed the screening tool have had many years of experience in private musculoskeletal practice. They know how complicated it is to predict injury, however the diagram below demonstrates the basic principle the algorithms are based on. We call it the 'Injury Risk Scale'.



## How do the algorithms interlink?



The diagram demonstrates how multiple factors to do with your Health, Lifestyle and Body interlink to estimate your chances of injury. The scores influence other scores between and even within each category. This gives 1000's of different combinations meaning it is tailored to you. (Please note the diagram is a mock-up for demonstrative purposes only, it is not a true representation of the interlinks)

What does the software produce?

## Information Sheet

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*Educates you on how you got your scores and how to improve them.*

# Exercise Sheet

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*Tailored exercise programme to help you target weak or tight areas.*



# Summary Sheet

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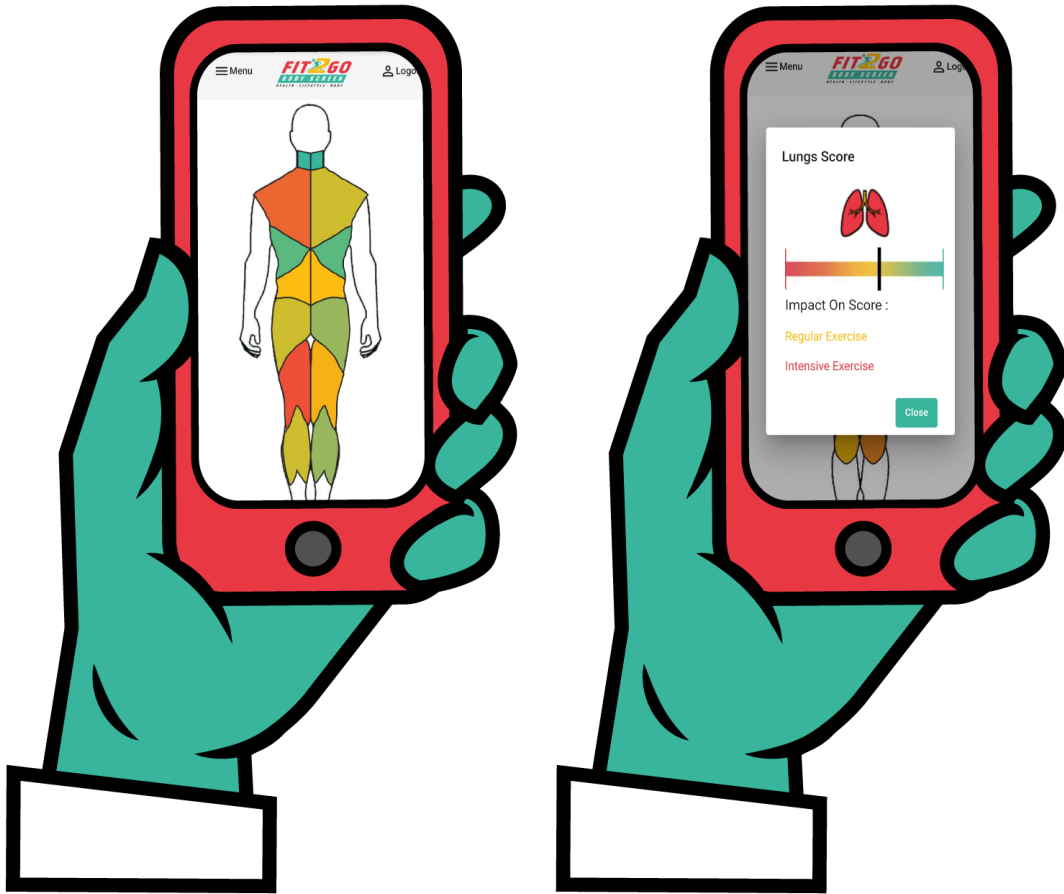


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*Find out where you are on the traffic light system for every measure taken.*

## Risk Assessment

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*The body chart will plot areas at risk of injury and let you know what has increased or decreased your risk.*

# Practitioner Advice

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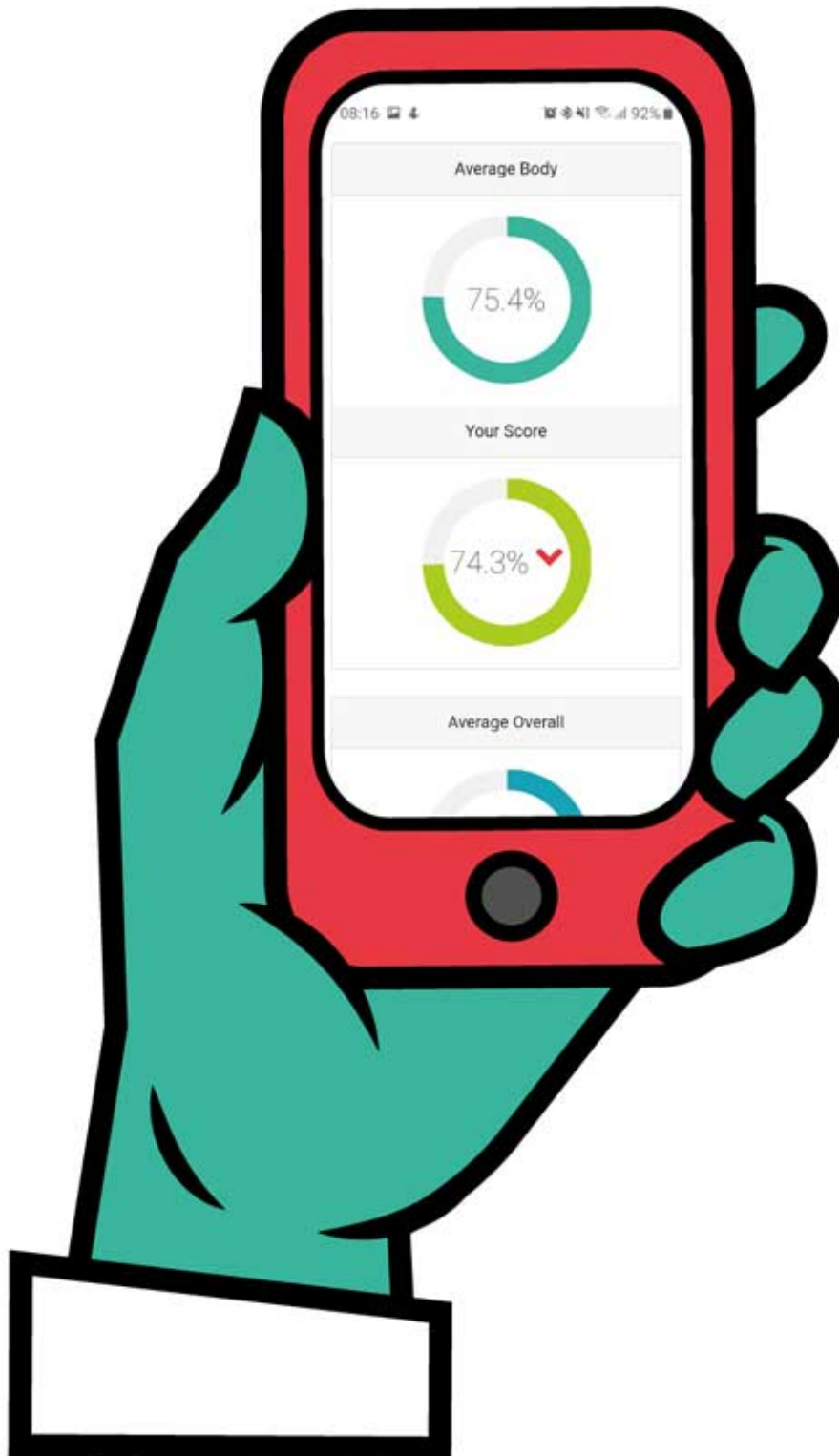


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*Other services you would benefit from are also recommended like sports massage, personal training and nutritional advice.*

## Track/Compare

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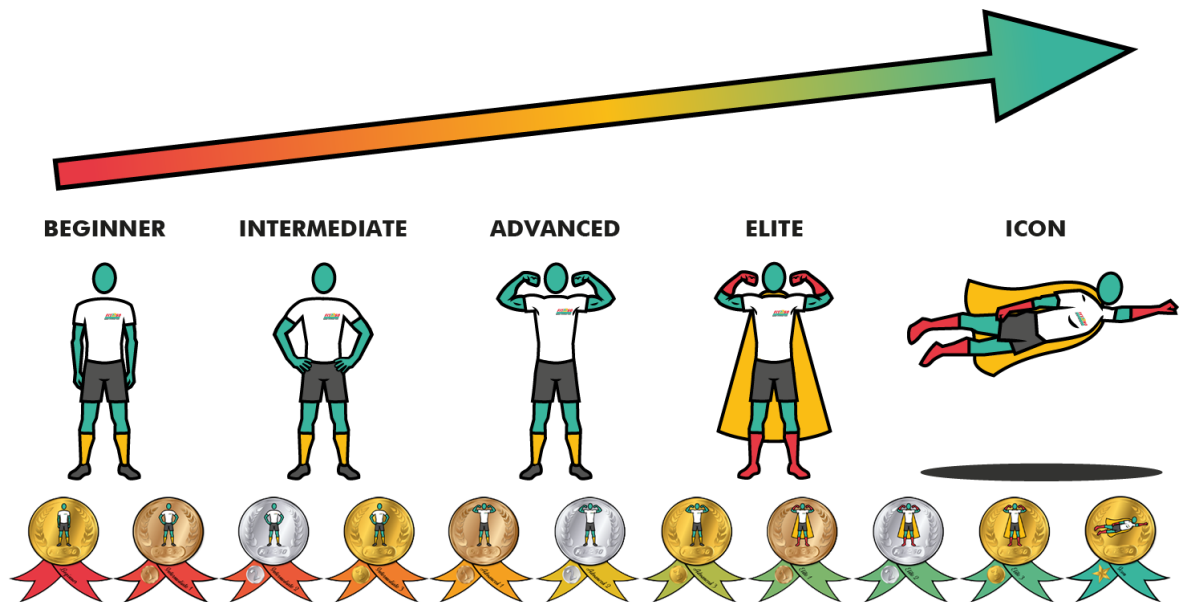


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*Track your scores over time and compare your scores to others in your demographic.*

The software progresses with you

Progress through the levels from a **beginner** to an **icon**



The level of screening grows with your overall score, so when you next attend your screening, the testing is as bespoke as it can be to your current level of load usage and foundation. The testing and the information provided is as unique as your DNA, no other tool can do this, which is why we have an international patent pending.