



TRAINING FOR SUCCESS

Tel: 07801 287 213

 CORPORATE

 CORPORATE HEALTH ASSESSMENT

 INDIVIDUAL PERFORMANCE

 SPORT - PSYCHOLOGICAL EDGE

[Click here](#) For **FREE** TOP 10 TIPS FOR WEIGHT LOSS

WHY DO I FEEL SO FAT?

Test and measure your hydration levels at Virtual health

The benefit to YOU is that, you have the data to take away immediately the assessment is complete. Testing and measuring are the keys to **YOUR success**

YOU have direct access to one of the most sought after trainers in Essex who has 25 years of knowledge and experience.

The test includes information very important to **YOU** or **your staff** and your / their **current state of health**. Inc, BMI, the good fats, lean body weight and based on your height and weight your daily calorific intake.

An opportunity **YOU** cannot afford to miss.

DID YOU KNOW?

In a study of some of our clients, their excess body fat has been due to their lack of hydration. Hydration should be around 60% and if you are not properly hydrated it may result in you not functioning or performing at your best. Dehydration may be some of the causes of stress, tiredness, constipation, and contribute to the feeling of being fat. Are you doing all you can to reduce the excess fat you are carrying?

Excess body fat can lead to chronic health and disease.

FUTREX BODY COMPOSITION ANALYSER

Virtual health uses one of the fastest, non invasive, body fat analyser machines currently on the market.

Futrex Body Composition Analyzer

Tel: 07801 287 213 and ask for JANE