

---

# ***MENS HEALTH AND FITNESS CHECK***

## **2hr appointment Includes:**

Consult/goal setting  
Resting ECG and spirometry  
Exercising stress test/ECG and  
VO2max test  
Blood pressure  
Skin folds body fat test  
Strength test (core, chest and legs)  
PLUS.....  
Full report for you and your doctor  
Individualized Cardio program  
Basic nutritional advice

Price \$199 Inc GST

**Men its time to take charge of your  
health!!**

Also available for the ladies

---

BOOK WITH EPR CLINIC  
0210498601  
CHLOE@EPRCLINIC.COM  
WWW.EPRCLINIC.COM

**EPR**  
CLINIC

© EPR Clinic 2020