



# WELLNESS SCREEN

THRIVE PERSONAL TRAINING & HEALTH

x



ELEVATE YOUR HEALTH AND FITNESS TO UNPARALLELED LEVELS BY COMBINING THE EXPERTISE OF THRIVE WITH A COMPREHENSIVE HEALTH ASSESSMENT AT THE LEAN CLINIC. TOGETHER, WE'RE PIONEERING A PROGRESSIVE APPROACH TO OPTIMISING YOUR WELLNESS JOURNEY.

## IN-DEPTH INSIGHTS FOR TAILORED TRAINING

UTILISE DETAILED HEALTH DATA TO CREATE A UNIFIED TRAINING PLAN SPECIFIC TO YOUR UNIQUE GOALS, ENSURING EVERY SESSION IS MAXIMALLY EFFECTIVE

## HOLISTIC PROGRESS TRACKING

WE WORK WITH YOUR FITNESS COACH TO MONITOR BOTH PHYSICAL TRANSFORMATIONS AND INTERNAL HEALTH IMPROVEMENTS, PROVIDING A COMPLETE PICTURE

## PREVENTATIVE HEALTH MEASURES

IDENTIFY POTENTIAL HEALTH ISSUES EARLY TO AVOID SETBACKS, KEEPING YOU ON THE FAST TRACK TO SUCCESS





DR SUNDEEP VARMA

GENERAL PRACTITIONER  
SENIOR ANATOMY LECTURER  
GMC AND CQC REGISTERED



SCAN ME OR  
CONTACT YOUR  
COACH TO BOOK

## EXCLUSIVE OFFER FOR THRIVE MEMBERS

AS PART OF THIS UNIQUE COLLABORATION, ENJOY AN  
**EXCLUSIVE DISCOUNTED PACKAGE:**

- ✓ COMPREHENSIVE HEALTH ASSESSMENT
- ✓ PERSONALISED WELLNESS REPORT
- ✓ JOINT CONSULTATION WITH YOUR COACH AND OUR HEALTH EXPERTS

CHOOSE YOUR IDEAL HEALTH SCREEN PACKAGE AND TAKE THE NEXT STEP TOWARDS  
UNLOCKING YOUR FULL POTENTIAL!

### STARTER

Package 1 + 3 months

#### MONTH 1

Includes...

Comprehensive Blood and  
Urine Tests:

- Full Blood Count
- Kidney, Liver and  
Thyroid Function
- Iron + Vitamin D
- Cholesterol Panel
- Blood Sugar / Diabetes  
Check
- Urinalysis

Comprehensive Medical  
Physical Examination

#### MONTH 3

- Repeat Cholesterol  
Panel
- Repeat Blood Sugar /  
Diabetes Check

### PERFORMANCE

Package 1 + 3 months

Recommended

#### MONTH 1

Includes...

Everything in **STARTER** +

Body Composition:

- DEXA Scan Analysis (in-  
depth analysis of your  
body fat, muscle and bone  
composition)

Enhanced Heart Assessment:

- ECG (Electrocardiogram)

#### MONTH 3

- Repeat DEXA Scan
- Repeat Cholesterol Panel
- Repeat Blood Sugar /  
Diabetes Check

### PRO

(COMING SOON)

Package 1 + 3 months

#### MONTH 1

Includes...

Everything in  
**PERFORMANCE** +

Advanced Heart Screening:

- CT Calcium Score


Enhanced Lung Assessment:


- Spirometry

#### MONTH 3

- Repeat DEXA Scan
- Repeat Cholesterol Panel
- Repeat Blood Sugar /  
Diabetes Check

EXPERIENCE THE SYNERGY OF PERSONALISED HEALTH INSIGHTS AND DEDICATED PERSONAL TRAINING.  
TOGETHER, WE'LL EMPOWER YOU TO THRIVE AND EXCEED YOUR WELLNESS GOALS.

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