

Performance Health Check | £99

What it covers

A clinician-led health check designed to support training and recovery, with added focus on markers linked to energy levels, iron stores, thyroid function and hormones, alongside insights into metabolic health, heart health and blood sugar control. It includes physiological measurements and a blood test with comprehensive biomarker screening, with results provided in a clear report you can use as a training baseline.

What's included

- **Measurements**
 - weight and height (BMI), pulse, blood pressure, waist circumference and hip ratio.
- **Overall blood health (full blood count/CBC)**
 - a broad snapshot of your blood health, including markers linked to oxygen delivery and immune health.
- **Metabolic & heart health (lipids)**
 - helps assess how efficiently your body uses energy and supports cardiovascular performance, which is important for endurance, recovery and overall fitness.
- **Blood sugar control (HbA1c)**
 - indicates your average blood sugar levels over the past 2–3 months and can help identify early signs of diabetes risk.
- **Iron & blood health (ferritin)**
 - helps indicate iron stores, often linked to fatigue and exercise tolerance.
- **Vitamin status (B12 and vitamin D)**
 - linked to energy metabolism, muscle function and general wellbeing.
- **Hormones & energy regulation (TSH + Free T4, testosterone + SHBG)**
 - provides context on thyroid function and hormone balance, which can influence energy, progress and recovery.