



# QUT Health Appraisals

**QUT Exercise Physiology Clinic is conducting health appraisals for QUT staff and students to screen for cardiovascular disease, type two diabetes and readiness to exercise. The appraisal is conducted in two stages, with stage two being optional.**

Stage one health check:

- Resting heart rate, blood pressure and peripheral oxygen saturation
- Random blood glucose
- Musculoskeletal limitations
- Physical activity and medical history
- Cardiovascular disease risk stratification
- Random cholesterol (additional \$15.00)
- Risk of cardiovascular disease within five years (> 34 years old)
- Risk of type 2 diabetes within five years
- Two item wellbeing screen
- ESSA pre exercise screening tool

## Are you ready to exercise?

Stage two fitness check:

- Cardiovascular health
- Cardiovascular fitness test (sub maximal)
- Anthropometry
- Strength
- Flexibility

Stage one must be completed before booking an appointment for stage two. Both stages will provide a summary report and explain the purpose and result of each test, along with a discussion on 'where to from here?'

Time	Stage 1 30 minutes Stage 2 30 minutes
Cost	Stage 1 \$35 Stage 2 \$35



Please contact the QUT Health Clinics on 3138 9777 to book your health appraisal.

**07 3138 9777**

44 Musk Avenue, Kelvin Grove QLD

[healthclinics.qut.edu.au](http://healthclinics.qut.edu.au)



**QUT Health Clinics**