

FREE FITNESS DATA!!

Are you physically active 3 times per week?

Would you like to know your current fitness and recovery level?



We are looking for:

- Male and Female 18 – 40 years old
- Currently moderately active 3 times a week
- for the last 3 months
- Injury and Illness free
- No history of Diabetes, Cardiovascular Disease

You will receive results on:

- Body composition
- Heart Health and Blood Pressure
- Fitness and heart rate recovery Results

For more information:

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