



Wessels
BIOKINETICISTS
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Wessels Biokineticists presents Corporate Wellness Days.



Invite a qualified Biokineticist to do Vitality Fitness assessments for yourself and your employees in the comfort of your own office space. This initiative forms part of the Discovery Vitality point system. The Vitality fitness assessment comprises of measuring height, weight, waist and fat %, BMI, blood pressure, flexibility, 1 min max sit ups, 1 min max push-ups and 12 min step test for fitness.

The assessment takes approximately 30 minutes and is priced at R199 per assessment. This amount can be claimed back by the individual from their medical aid.

Members receive 2500 points just for doing the test and may receive an additional 5000 bonus points depending on their results.

For more information or to schedule a day please contact me on 0837855125 or at wessels.bio@gmail.com

For companies of 20 or more employees, we can organise a Dietitian for the Vitality Nutritional assessment and a qualified nurse for the Vitality blood tests. If all three assessments are done, members can receive up to 35 000 points in one day.

www.wesselsbio.co.za

Studio Innate, Suite 1A, Level 1, Centurion Gate Centre, corner John Vorster & Akkerboom Street