Flinders UNIVERSITY

SURF LIFE SAVING SOUTH AUSTRALIA

Online Adult Pre-exercise Screening System (APPS)

Are you competing in the Masters Surf Life Saving State Championships Competition?

Flinders University is conducting a research project looking at the applicability of the Australian computer-based pre-exercise screening tool and comparing the self-reported risk factors with measured health risk factors.

You will receive a free health risk factor profile including measures of blood cholesterol and glucose. These measurements will be used to calculate your health age and fitness age in a personalised report that will be immediately available to you.

REQUIREMENTS

- have registered for the Masters Surf Life Saving Competition
- be willing to participate in health risk factor measurements of blood pressure, fasting blood glucose and cholesterol, height, weight, waist and hip circumference

NOTE: fasting is not necessary for this profile

For more information or to book a session, please contact:

Nadia Bevan
E: nadia.bevan@flinders.edu.au PH: 8201 3648

Dr Lynda Norton
E: Lynda.norton@flinders.edu.au PH: 8201 5830

Look out for the Flinders University marquee at the event