



The Body MOT at the Herb House

What is it?

The Body MOT is an in-depth, general health and fitness check carried out by a Personal Trainer who can support you with advice and guidance. Your MOT will identify opportunities to improve your overall health and wellbeing by giving you the personalised advice you need to become healthier and fitter.

Packages and prices

Bronze MOT £50.00 for 1 hour

A basic Body MOT to include:

- BMI (Body Mass index)
- Body Composition (Body Fat)
- Resting heart rate
- Waist to hip ratio
- Blood Pressure
- Peak Flow
- Grip Strength
- Aerobic fitness assessment (your cardiovascular fitness)
- Current eating habits

Silver MOT £50.00 plus a 'bolt on' option of either:

Functional movement screening (posture and flexibility) - 30 mins at £25.00

OR

Blood work (cholesterol testing, blood glucose, diabetes screening) - 45mins at £35.00

Gold MOT £95.00 for 2 hrs 15mins

Our Full Body MOT - to include all measurements outlined above.

Following the Body MOT, your Personal Trainer will explain the results to you and offer some simple advice based on the current healthy living guidelines. You will also be given a full report to take away with you. We will then use the results to track your progress against a bespoke set of fitness and lifestyle goals.

For an additional cost, we also have access to a qualified dietitian for those who require this service. This may take the form of a single or series of consultations which are usually 1:1 but could include small groups or a family.

Preparation for your MOT

To optimise the accuracy of the results we would advise that you arrive in a fasted state (nothing to eat or drink for at least 3-5 hours beforehand, preferably overnight and no caffeine or alcohol consumption in the past 24 hours). Please come dressed in loose fitting clothes and trainers or gymnasium attire. For us to be able to complete some of the assessments we will ask you to remove your shoes and socks and we also need to take certain body measurements such as waist circumference. Please inform a member of staff if you would prefer not to have these measurements taken or would prefer a chaperone to be present during the assessment.

The data we collect will be kept confidential and will be stored in accordance with current data protection laws.

What happens after the MOT?

We recommend you attend an MOT every three months to track your progress. It also helps you to monitor the effectiveness of your exercise regime and reassess your health and lifestyle goals.