



Comprehensive Health Assessment (CHA)

PRE-ASSESSMENT PREPARATION

To ensure accurate results for your Comprehensive Health Assessment (CHA), please follow the instructions below:

1. Wear comfortable gym clothing and running shoes to your appointment.
2. No alcohol consumption within 24 hours prior to the assessment.
3. No exercise, caffeine, or food within 4 hours prior to taking the assessment.
4. Drink 2 to 4 glasses of water 2 hours prior to the assessment.

If these steps are not followed, your results may be skewed or inaccurate.

If you have any questions about the pre-assessment preparation, please speak with one of our health practitioners.