

The SSC Fit Check!

The Fit Check consists of several tests that provide information about your general fitness such as your weight, blood pressure and basic motor characteristics. The Fit Check is not a medical examination, but gives a general picture of your personal fitness. The results of your fit tests are compared to the average performance of a norm group of peers (up to 40 years of age). After the Fit Check you may receive free advice regarding your results. You will receive a Follow-up document.

NOTE: We guarantee the anonymity of your personal data. No personal information will be provided to third parties. We only ask for an email address in order to mail your results.

Registration

STEP 1: Go to our website, log in and register for the Fit Check

STEP 2: Not able to attend? Then please cancel your registration to offer another sports card holder the opportunity!

Information

LOCATION: Massage room

Wear comfortable or sportswear and bring your phone to scan QR code.

Contact



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