

ATHLETE FITNESS PACKAGE

*Are you at risk of sudden cardiac arrest?
How fit are you?*

Get your heart checked by our heart specialist today.



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ATHLETE FITNESS PACKAGE

PHYSICAL EXAMINATION

Cardiologist Consultation
Vital Signs (Blood Pressure, Pulse)
Body Mass Index (BMI)
- Weight & Height

PHYSIOTHERAPY SERVICE

Body Fat Composition Analysis

RADIOLOGY SERVICE

Chest X-Ray

CARDIAC SERVICE

Electrocardiogram (ECG)
2D Echocardiography
Exercise Stress Test (Treadmill)

LABORATORY SERVICE

Urine FEME
Full Blood Count
Renal Profile
Liver Function Test
Glucose, Fasting
Lipid Studies
HsCRP

PRICE RM1,100.00

ATHLETE ENDURANCE PACKAGE

PHYSICAL EXAMINATION

Cardiologist Consultation
Sports Specialist Consultation
Vital Signs (Blood Pressure, Pulse)
Body Mass Index (BMI)
- Weight & Height

PHYSIOTHERAPY SERVICE

Body Fat Composition Analysis

RADIOLOGY SERVICE

Chest X-Ray

CARDIAC SERVICE

Electrocardiogram (ECG)
2D Echocardiography
Cardio-respiratory Fitness
Assessment Test (VO2 Max)

LABORATORY SERVICE

Urine FEME
Full Blood Count
Renal Profile
Liver Function Test
Glucose, Fasting
Lipid Studies
HsCRP

INTRODUCTORY PRICE RM1,700.00

Valid Until MAY 2018



What is VO2 Max?

- According to the American College of Sports Medicine (ACSM), cardio-respiratory fitness is determined by oxygen consumption, technically called VO2 Max. This is measured by how much oxygen (in milliliters) your body can use per kilogram of body weight per minute
- VO2 Max is the maximum amount of oxygen the body can use, and is directly correlated to fitness capacity
- VO2 Max can determine your level of fitness to help you take your performance to the next level!

A member of



INSTITUT JANTUNG NEGARA
National Heart Institute



Internationally Accredited Heart Centre