

LEEUVENHOEK  
HEALTH SCREENING



# Sport Performance Health Screening

**Are you doing enough to get the maximum performance you want?**

**Health screening** gives you a unique profile of your body's health and allows you to take your training to the next level.

Find your optimal balance between  
Health, Performance & Recovery

[www.leeuwenhoek.ie](http://www.leeuwenhoek.ie)

The most important piece of equipment is your body. Whether you're a "weekend warrior" or a professional, understanding your health is key to making the most of your training and exercise. Most professional athletes undergo regular health screening tests which are very expensive and time consuming. Leeuwenhoek Health Screening clinic gives beginners and seasoned athletes **quick and easy** tests at a fraction of the costs.

Mark Shannon (cyclist) co. Clare  
*"Often sport fanatics spent money on getting the right equipment but don't look into what really makes the difference. I got my sports performance health check at Leeuwenhoek and now know exactly how to improve my performance, reduce my chances of illness and maximize recovery."*

Our comprehensive package strategically focusses on **Health, Performance** and **Recovery** so you can find your optimal balance.



**Blood and urine markers provide real data** about your body and how you respond to exercise. It helps to push your limits without reaching breaking point and to ensure you have what you need to reach your peak.

We take your blood samples, blood pressure, and measure your BMI. Blood and urine samples are analysed at our on-site clinical laboratory in strict compliance with quality and competency standards and regulations. A detailed list of biomarkers in the sports performance screening package, including their interpretation is available on our website.

Check **discount** availability at your sports club

**Find out more**

Visit [www.leeuwenhoek.ie](http://www.leeuwenhoek.ie) for more info or to book an appointment. Questions? Ring or text, or call in and we'll gladly answer any question you may have.

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