

**"Health is not everything,
but without health everything is nothing".**

CHECK UP PLUS@labasfitnesscoaching.com

INVEST IN YOUR HEALTH



CHECK UP PLUS SMALL / LARGE

CHECK UP PLUS is a service I offer in cooperation with Dr. med. Danja Kleinstück-Isler

It is divided into two parts.

The first part takes place at Dr. med. Danja Kleinstück-Isler in her practice in Thalwil and the second part at my premises in the Hotel Belvoir in Rüschlikon.

There is a small or a large CHECK UP PLUS.
Perhaps to compare like a small or large service at the car.

With this CHECK UP PLUS we apply a unique and holistic strategy. We combine the knowledge of western and far eastern health methods. In order to get an assessment of your body and your health. Possible reasons for a CHECK UP PLUS.

A) You just want to know where you stand with your health.
Prevention is better than cure.

B) You have one or more health issues.
Tensions. Sleep. Lack of energy. Tiredness. Pain. Etc.

C) You have a specific goal.
Want to lose weight. Want to become fitter. Want to become more mobile. Etc.

From this CHECK UP PLUS we receive the necessary information to help you plan the right measures for this.

CHECK UP PLUS SMALL & LARGE
takes place in two dates.

General registration at labas fitnesscoaching:
info@labascoaching.com

First appointment: With Dr.med. Danja-Kleinstück-Isler in the
practice in Thalwil.
Rudishaldenstrasse 1, 8800 Thalwil
Phone: 044 720 22 44

Second appointment: with Stefan Labas at labas fitnesscoaching in
the Hotel Belvoir in Rüschkon.
Säumerstrasse 37, 8803 Rüschkon
Phone: 079 643 14 02 or info@labascoaching.com

Important: When you register, please tell us briefly why you want to
do this CHECK UP PLUS and what your goal is. Simply briefly in
writing under info@labascoaching.com
Or by phone 079 643 14 02

CHECK UP PLUS SMALL – Description

1. small blood analysis:

- A) Blood sedimentation** is also called blood cell sedimentation rate (short: BSG or BKS). It indicates how fast the red blood cells in a blood sample sink within one hour in a special tube. The BSG value is mainly used as an indication of inflammation in the body. But other diseases also influence the blood sedimentation.
- B) Hemoglobin (Hb)** is a protein of the red blood cells, the erythrocytes. Since it gives the blood its red color, it is also called red blood pigment. The most important function of hemoglobin is the transport of oxygen and carbon dioxide in the blood.
- C) Glucose:** The blood sugar values indicate the sugar content of the blood. It changes during the course of the day, depending on the food intake. After eating, the blood sugar levels rise, in the morning after getting up they are at their lowest. In some diseases the regulation of the blood sugar level is disturbed.
- D) Cholesterol** is a type of blood fat from the group of sterols and is a vital component of our cell membranes. Cholesterol is also needed for the production of bile acid, sex hormones and vitamin D.

- E) **Triglycerides** (also triglycerides, neutral fats) belong to the group of dietary fats. They serve the body as an energy reserve and are stored in the fatty tissue until they are used. If their concentration in the blood is increased, the physician calls this hypertriglyceridemia.
- F) **Creatinine** is a metabolic product of creatine from the muscles. Creatine in turn is important for muscle contractions. In medicine, creatinine is mainly used as a laboratory parameter for kidney function.
- G) **Uric acid** is a breakdown product of purines. These are the building blocks of nucleic acids, which carry the genetic information of an organism. The purine bases are called adenine and guanine.

2. spirometry - lung function test

Lung function tests check how well the lungs are performing. Above all, this means how much air a person inhales and exhales again. If a person can exhale significantly less than normal in about one second or if there is still too much air in his lungs after a strong exhalation, this can indicate lung disease. Lung function tests also help to assess the course of lung disease. In addition to the ability to breathe in and out effectively, the oxygen content of the blood also indicates how well the lungs are working.

3. body segmental measurement (Tanita)

Your body fat percentage is crucial for assessing your health. It divides your total weight into two categories: Fat mass and the rest. You need fat to keep you warm and protect your organs and joints. However, too much fat is unhealthy, as is too little fat. If your body fat percentage is too low, you are more prone to illness and have less energy, which can lead to health problems. If your body fat percentage is too high, you have a higher risk of diabetes and other health problems. Therefore, it is important to measure your body fat percentage and stay in a healthy range.

4. Cardio Scan

The heart and stress check is an ECG-based vitality check that measures and evaluates the relevant risk factors of the heart at rest. Cardio Scan draws an ECG-accurate three-dimensional heart portrait, determines the individual stress index (CSI), displays the fit level (V02Max.) and provides a good basis for a safe and healthy life or training.

CHECK UP PLUS LARGE (in addition to the small CHECK UP)

1. ergometry - stress ECG

During a stress ECG, the physician uses electrodes to derive the electrical actions of the heart while the patient is physically active. This allows certain cardiovascular diseases, such as coronary heart disease, to be identified and statements to be made about the patient's individual physical fitness.

2. major blood analysis

A) Liver function values. The GOT value is an important diagnostic laboratory value. GOT is the abbreviation for glutamate oxalacetate transaminase. This enzyme is mainly found in cells of the liver and the heart and skeletal muscles. If the cells die due to tissue damage, the GOT is released and enters the blood. If the enzyme GPT is elevated in the blood, this usually indicates liver damage. This is especially true when other liver enzymes (such as GOT) are too high. The alkaline phosphatase (AP, ALP, bone-specific ostase) is an enzyme that is involved in many metabolic processes of the body. There are different groups of alkaline phosphatases. It is found in bone cells and liver tissue, among others. In the case of an increased metabolism, for example in bone, bone-specific AP is increasingly detectable in the blood.

- A) The protein **CRP** is detectable in the blood in inflammations in the body. It is part of the immune system and helps to remove dead immune defence cells and foreign substances from the inflamed tissue. The concentration of CRP in the blood can also provide information about the type and course of the inflammation.
- B) The so-called **HbA1c** is a subform of adult hemoglobin (HbA). HbA1c values are used to determine the average sugar content in the blood of diabetics. Since it allows conclusions to be drawn about blood sugar concentrations over a longer period of time, HbA1c is colloquially known as blood sugar memory.

3. HRV measurement

Heart Rate Variability (HRV) Definition

Heart rate variability (HRV) is the ability of an organism to change the frequency of the heart rhythm. Even at rest, changes in the time interval between heartbeats occur spontaneously. The body adjusts the frequency of the heartbeat in fractions of a second to meet changes in needs. Our body has a variety of regulatory mechanisms to change the heart rhythm. Two essential components are the sympathetic nervous system, which activates and accelerates the heartbeat, and the parasympathetic nervous system, which acts as a brake to slow the heartbeat.

A healthy person constantly adapts the heart rhythm to the current requirements. The number of heartbeats per minute is therefore constantly changing, which is a good sign of the organism's ability to adapt. In addition to a physical strain such as sports or physical work, psychological strains such as stress also cause an increase in the heartbeat.

With relief and relaxation, the heart rate drops again.

For us humans, the heart rate variability ranges from 10 (low, a sign of (chronic) stress) to 30 (high, a sign of relaxation).

The more our organism is able to regulate the frequency of the heartbeat (the greater the heart rate variability is), the healthier we are.

4. TCM Analyse

Traditional Chinese Medicine (TCM) is a holistic medicine that is also becoming increasingly popular outside of China. The Chinese art of healing consists of classical Chinese diagnostics as well as various methods of treatment. These are often used individually, but better in combination. The goal of every TCM treatment is to maintain or restore an inner balance, so that disturbances of well-being and diseases can be prevented or eliminated. Over the millennia, TCM has developed a holistic diagnostic method in which technical aids play hardly any role. Similar to Western medicine, TCM treatment begins with a detailed patient consultation and a physical examination.

However, both the patient interview and the physical examination differ significantly from conventional medicine in their procedure and scope.

In both CHEK UP variants, there is a written evaluation and discussion afterwards with Stefan Labas.

It is important that you tell us why you want to do this CHECK UP PLUS and what your goal is. Simply send a short written application to info@labascoaching.com