

# Health Day



Take control of your health with specialists from Regional Public Health Authority of the Moravian Silesian Region in Ostrava

Healthy lifestyle program



# Body composition measurement

Are you interested in your full body composition? How much body fluids, body fat and muscles do you have?



# Nutrition consulting

Short nutrition consultancy depending on individual full body composition

For measurement proposals we use professional TANITA digital scale which monitors your health.

Measurement results are presented afterwards.

Nutrition requirement and dietary guidelines for all age categories.

# Physical activity

Human movement is the basic locomotion yet we spend most of the daytime by sitting.

Exercise with us!



# Carbon monoxide measurement for smokers

Are you nicotine addicted?  
Have it tested with us.



Exercises are adapted to different age categories to accommodate all citizens.

We use smokerlyzer which measures the amount of CO in the smoker's breath.

Break the smoke habit.

# Detailed information:

3 - 4 hours long morning or afternoon healthy lifestyle program

Duration of the program can be re-arranged accordingly

Exercise classes to be specified according to the abilities of the citizens

For more information please contact:

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REGIONAL PUBLIC HEALTH AUTHORITY  
OF THE MORAVIAN SILESIA REGION

## HEALTH DAY

**CARBON MONOXIDE BREATH TEST  
BLOOD PRESSURE MONITOR  
NUTRITION CONSULTATION  
BODY COMPOSITION MEASUREMENT  
EXERCISES FOR HEALTH**

Health-educational materials included