

The enhanced Multiply fitness assessment

The Multiply fitness assessment is one of the ways you can earn points and rewards.

Plus, it gives you a measurable way to know whether your physical activity is working for you and your health. By doing the health-related Multiply fitness assessment, you will know your fitness level, which is now valid for 12 months.

You will receive an **SMS reminder** once a year before your fitness assessment expires.

BOOK your Multiply fitness assessment

Go to multiply.co.za to book your appointment at one of our accredited health professionals.

Assessments are **valid for 12 months** at a cost of R420 per assessment.

BOOK NOW

 You can also do your **health assessment**. Visit multiply.co.za for a list of health professionals who can also do Multiply health assessments.

DO your Multiply fitness assessment

REMEMBER TO:

- Take any form of identification and your Multiply membership card to your appointment.
- Wear comfortable clothing because you will be active.
- To get the best outcome, do not exercise on the day of your assessment.

What will be measured?



*Your best result will be used to calculate your fitness score.

GET your results

The health professional will discuss your results with you.

Multiply will email a comprehensive report to you.

Log in to multiply.co.za to see your points and fitness level.