

## 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. Choose when and where you want to do your Multiply fitness assessment. The in-person fitness assessment is valid for 12 months and the online fitness assessment is valid for 6 months.

### **BOOK** your Multiply fitness assessment

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

**BOOK NOW**

### **DO** your Multiply fitness assessment

#### REMEMBER TO:

- Have your ID number available for your appointment.
- Wear comfortable clothing because you will be active.
- To get the best outcome, do not exercise on the day of your assessment.
- Have a tape measure handy for an online fitness assessment.

### **GET** your results

The health professional will discuss your results with you.

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

#### In-person fitness assessment

Validity  
**12 months**

Cost  
**R440**

#### Online fitness assessment

Validity  
**6 months**

Cost  
**R230**



**You can also do your health assessment when you go for an in-person fitness assessment.**  
Visit [multiply.co.za](https://multiply.co.za) for a list of health professionals who can also do Multiply health assessments

#### What will be measured ?

##### In-person fitness assessment

Multiply body fat %

Handgrip and/or 1-minute push-up test\*

Your health professional will choose the test best suited to you

01

Body composition



02

Muscle strength



03

Cardiovascular fitness

Waist-to-height ratio

1-minute push-up test

3-minute burpee test

##### Online fitness assessment

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

Multiply will email a **comprehensive report** to you.

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