



## Sporty body complex

packages

**1500 PLN**

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A thorough analysis of body composition and bone density., Consultation with our sports cardiologist combined with a mitochondrial activity test. During physical exertion, the muscles need an increased amount of ATP energy produced in mitochondria. The test will show us the level of activity of these organelles, which will enable you to prepare yourself to achieve the most spectacular sports results. On the other hand, densitometry is the most accurate method available for assessing the distribution of fat and muscle tissue in the body.

- ECG
- densitometry
- mitochondrial activity test
- consultation with our sports cardiologist (30min)

**longevity**

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