

Get match day fit

Free health checks for SUFC fans



#BladesFanFit



Participants must be over 18 years old



Funded by
Weston Park
Cancer Charity



**Sheffield
Hallam
University** | Centre for Sport
and Exercise
Science

arm

**move
more™**

Calling all Blades fans!

We want to reward you for your spectacular support and sensational singing by helping you to be match day fit.

Sign up for a FREE 15-minute health check and check two of the following measures:

- **Cholesterol**
- **Blood pressure**
- **Body composition**
- **Lung function**



To find out more or to book contact
hwb-fanfit@shu.ac.uk



All the appointments will take place at Bramall Lane in the Community Hall which is located under the John Street Stand, adjacent the Disability Entrance, opposite Baron Street.



The health checks are being delivered by Sheffield Hallam University's sport and exercise scientists and wouldn't be possible without the support of Arm Limited through Weston Park Cancer Charity.