

## Start your health journey today with a **FREE** health check!



With the SiSu health station you can measure and track your:

- Blood pressure
- Heart rate
- Body composition
- Height, Weight & BMI

Available now at:

- **Inspire: Luton Sports Village (Reception)**  
Butterfield Green Rd, Luton LU2 8DD
- **Luton Central Library (First Floor)**  
St George's Square, Luton LU1 2NG
- **The Luton Wellbeing Hub (Old Post Office)**  
42-44 The Mall, Luton, LU1 2TE

[www.activeluton.co.uk/healthstation](http://www.activeluton.co.uk/healthstation)

We're working to support our local community to improve their health and wellbeing. With the SiSu Health Station you can regularly monitor and track your health status. And our trained specialists can support you if you discover you have high blood pressure.

**What's your health status?** On the health station you can find out your:

**Height, weight & BMI:** Body Mass Index (BMI) is a simple way to assess your health by comparing your height and weight. A high BMI means that you're at risk of health problems and should take steps to lead a healthier lifestyle.

**Blood pressure:** High blood pressure puts you at risk of having a heart attack or stroke. But there are simple things you can do to improve it. If you have a high blood pressure reading, speak to our reception team who can book you in for a free consultation. Our specialists can support you to monitor and address high blood pressure and improve your health.

**Heart rate:** An elevated heart rate may not be serious and may be caused by things like recent physical activity, medication and even your emotions. However, if your resting heart rate is above 100 bpm, then you can use the health station to monitor it.

**Body composition:** The handles of the health station can measure the percentage of fat in your body. We all need healthy levels of fat, but too much can leave us at risk of long-term health problems.

Using the Health Station will give you access to a personal online portal where you can track and monitor your results too.

You can create or log in to your account by visiting:

[portal.sisuhealthgroup.com](https://portal.sisuhealthgroup.com)

Active Luton is committed to helping the Luton Community take control of its health and wellbeing. If you identify as having high blood pressure, our health specialists can signpost you to the right support.