

The IRON FITNESS PACKAGE is a set of diagnostic tests optimized to recognize underlying health risks and ailments in **persons that are physically active.**

INCLUSIONS

FBS

Creatinine

Lipid Profile

SGOT/SGPT

ELECTROLYTES (Na, K, Cl,)

Calcium

Magnesium

CBC

Urinalysis

Chest Xray (PA Lateral)

12 Lead ECG

2D ECHO Plain

Treadmill Stress Test

SPIROMETRY (Pre and Post Bronchodilator)

Whole Abdomen Ultrasound

Flexibility Studies

Dietary Consult