

WATTBIKE

TESTING

wattbike



MEDICAL & HEALTH INSURANCE



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WATTBIKE TESTING IN MEDICAL & HEALTH INSURANCE

In this series of blogs we are highlighting how Wattbike is used around the world for training and performance testing. We recently covered how Wattbikes are used at universities and by uniformed services around the world.

Next in this series is: how medical and insurance companies are improving people's health, together with Wattbike.

The Wattbike is an incredibly versatile fitness trainer, so you would be mistaken to think that this unrivalled piece of equipment is just for elite athletes or military personnel. The versatility and accessibility of the Wattbike means it can be used by anyone at any fitness level. This is why numerous health and medical facilities are incorporating the Wattbike into injury prevention, injury rehab, fitness testing, and general wellbeing programmes.

Nuffield Health were one of the earliest adopters of the Wattbike, and have now installed Wattbikes in the majority of their gym facilities, medical centres, and hospitals. Nuffield Health quickly saw the benefits of using the incorporated tests in the Wattbike Performance Monitor and started using the Submax Ramp test to assess the health of their clients and to advise on improvements they can make in their lives to become healthier, fitter people. The Wattbike has now become an integral part of Nuffield Health, and is used every day to improve people's lives.

Following in Nuffield's footsteps, Bridge 4 Health in Leicester placed their focus on switching people's mindset and views on exercise to teach individuals the huge benefits that exercise can give to health. They offer programmes designed by physiotherapists to suit all ages and all abilities, and cater for patients with Parkinson's, multiple sclerosis, chronic arthritis, and heart conditions.

Click the video on the following page to see the Wattbike at the centre of it all.





Wattbikes have also become a key piece of equipment for Discovery South Africa, a health insurance giant, where fitness tests are administered to customers at Virgin Active sites or through independent physiologists. In 2017 alone, 100,000 tests were performed on Wattbikes to assess people's health through Discovery, using the bespoke test created in partnership with Wattbike.

For more information on our fitness tests [click here](#)

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CONTACT OUR TEAM TODAY TO FIND OUT HOW YOU
CAN REVOLUTIONISE YOUR INDOOR TRAINING.

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