



...se health stats and making sure there is a yearly
once-over should give early warnings – just like a regular car check
and maintenance can prevent mechanical breakdown.

These tests should be taken with advice from and in consultation with
your doctor.

So don't lose it, track it!



FREEMASONS



BODYWORK	06	07	08	09	10
height					
weight					
body mass index					
waist to hip ratio					
MAINTENANCE					
colorectal					
prostate					
dental					
STD/HIV					
testicular					
skin cancer					
OPERATING					
glucose					
cholesterol					
blood pressure					
body fat					
psa					