

Where can you take preventive examination for recreational athletes?

Preventive examinations, as well as other services in the field of preventive medicine, are available at Unit for Preventive Medicine, Dr Andrija Štampar Teaching Institute of Public Health, where users will get comprehensive insight in their health state, physical abilities and the potential individual risks of disease development, all this owing to the use of modern approach and sophisticated methods of examination.

We take care of your health

Regular health follow up provides safety – exercise is a remedy.



The price of preventive examination is 300.00 HRK, and for ZASR Sports for All members 250.00 HRK

Make an appointment and visit us with confidence because we want to have enough time to perform individual examination, counseling and analyses properly.

A 10% discount is granted to ZASR members for other services offered by the Unit for Preventive Medicine.

For any additional information please call the Unit for Preventive Medicine telephone +385 (0)1 46 96 168 or +385 (0)1 46 96 191 Monday – Friday, 8.00 a.m. – 04.00 p.m.



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ZAGREBAČKI SAVEZ SPORTSKE REKREACIJE
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SPORTS FOR ALL

Preventive examinations and assistance in choosing appropriate physical activity for recreational athletes



ANDRIJA ŠTAMPAR
TEACHING INSTITUTE
OF PUBLIC HEALTH

Why is sporting recreation important?

The World Health Organization has included regular physical activity in the list of factors that significantly contribute to health preservation and promotion, as well as to disease prevention.

The main objective of sporting recreation is its favorable effect on health. Appropriate use of sporting recreation activities helps in maintaining and upgrading mental, functional and motor abilities of the body, primarily aiming at health status improvement.

Collaboration to the benefit of our members

At sporting recreation societies, members of the Zagreb Association for Sporting Recreation – Sports for All (ZASR), various forms of recreation activities are available, however, with loading of variable intensity that may prove too light or too difficult for you. In case of the former, it will have no effect on your body status; the latter, however, may pose a health risk for you. That is why ZASR has established collaboration with Dr Andrija Štampar Teaching Institute of Public Health as a renowned healthcare institution, whose trained professionals and modern equipment are fully competent for preventive checkups in the field of sporting recreation medicine.

Why is preventive examination important for all recreational athletes?

The aim of preventive examination is to assess actual health state and to detect the possible health risks associated with physical activity, thus increasing the person's safety on exercising. Also, the recommended level of physical activity that is appropriate for the individual's health state and abilities contributes to improving physical, mental and social health, while upgrading the recreational athlete's quality of life.

Preventive examination allows for choosing the level of physical activity appropriate to your health state.

What are the benefits of preventive examination for recreational athletes?

Preventive examination for recreational athletes is targeted to determining those health and functional characteristics that will help the user and the exercise leader choose the most appropriate and health-related physical activities with maximal reduction of undesired events.

The procedure includes the following:

- filling in a questionnaire on personal and family health status, and on previous and current recreational activity; review of medical documentation available;
- physical examination of the heart, lungs, abdomen and locomotor system, and blood pressure measurement;
- ECG and spirometry;
- blood glucose, complete blood count, urine testing;
- main anthropometric measurements, body mass index;
- kinesiologist counseling;
- nutritionist counseling;
- conclusive opinion with recommendations for appropriate diet and physical activity, as well as for additional medical work-up if necessary; and
- issuing "Green Recipe" with respective instructions for program leaders at ZASR societies.

