



Course Topic: CARDIOVASCULAR HEALTH TRAINING
Course serial number: 10001730423

- Latest module of training in Health & Wellness
- A Healthy 100 program
- Shifting Corporate Healthcare from Reactive Management to Strategic Prevention & Reversal
- Cardiovascular disease remains one of the top leading causes of death in Malaysia. It silently impacts corporate productivity through unexpected absenteeism, skyrocketing employee medical insurance premiums, and reduced work capacity.
- The "Healthy 100" Cardiovascular Health Training is an intensive, data-driven 1-day course designed to equip corporate teams with actionable early detection, prevention, and long-term arterial reversal strategies.
- Course Type: In-House Corporate Training
- Total Duration: 1 Day / 7 Hours
- Training Methodology: Theory-focused interactive lectures (3.5 hours) + Hands-on clinical screening and consultation (3.5 hours)

Course Outline

Morning Session (3.5 hours): Theory & Fundamentals

- Module 1: Heart Disease Fundamentals
- Module 2: Advanced Early Detection & Artery Stiffness
- Module 3: The Reversal & Optimization Program
- Module 4: Tracking & Biofeedback Maintenance
- Module 5: Biochemical Regeneration Guide

Afternoon Session (3.5 hours): Practical Session

- Live Artery Stiffness Testing for 8 paxs with private consultation
- Personal review of arterial elasticity metrics for every participant.



Key Learning Outcomes

Upon completing this intensive training, your workforce will be able to:

- 1. Move Past Basic Panels: Stop relying solely on standard cholesterol blood work and blood pressure cuffs to measure cardiovascular event risk.
- 2. Mitigate Workplace Triggers: Identify and systematically reduce insulin resistance, workplace stress, and indoor air/water pollutants.
- 3. Execute Regeneration Protocols: Safely map out fasting timelines and targeted supplement regimens to clear cellular debris and lower peripheral resistance.
- 4. Build Data-Driven Habits: Switch from subjective health tracking to concrete biofeedback, trending daily home metrics into visual progress baselines.

Trainer's Profile

- Mr Keith Teoh, a Medical Laboratory Technologist by profession, specializes in the field of Medical Laboratory Technology, trained from the University of Malaya & University Hospital.
- Associate Member of the Malaysian Society of Medical Laboratory Technologists (MSMLT).
- Member of the Malaysian Institute of Medical Laboratory Sciences (MIMLS).
- Trained in Cardiovascular Stiffness Test at Sydney Adventist Hospital.
- Registered Allied Health Practitioner with MAHPC, MOH.
- Presented health talks to various associations and organizations e.g. Rotary Club, Kiwanis Club, Getronics, Clark Hatch, etc.
- Conducted cardiovascular testings for public events and also at corporate health events e.g Caring pharmacies, KPMG..etc



ARTERIAL STIFFNESS ASSESSMENT

Measure Your Artery Health for a Stronger Future

1 The Challenge



STIFF, AGED ARTERY
(LOW ELASTICITY)

2 The KMax Test

USING EASY, NON-INVASIVE
BRACHIAL CUFFS



KMAX

PWV:

9.8 m/s

AI: 6.2%

PWA: 125/80 mmHg

3 The Benefits



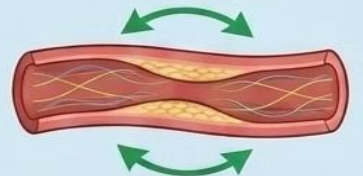
Early Risk Detection



Personalized
Treatment Plans



Monitor Cardiovascular
Health



FLEXIBLE, HEALTHY ARTERY
(HIGH ELASTICITY)



Pioneering Cardiovascular Health Solutions

Contact: 012-4220703 | Website: www.kmax-mgmt.com