

3D Full Body Scan

Why do a 3D full body scan?

To make the changes needed, to achieve your personal goals, you need to have a detailed and validated understanding of your current physical make up.

Combining a 3D full body scan with a body composition scan will give you a true baseline literally inside and out.

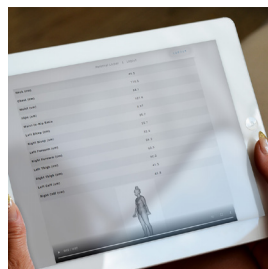
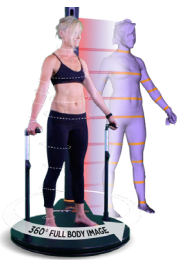
What will the scan provide me?

An easy-to-read report that shows the breakdown of your body measurements and a 3D avatar to visualise posture and balance.

Data includes - Neck, chest, waist, hips, forearm, bicep thigh, calf and waist to hip ratio

How will this help me achieve my goals?

Simply losing or gaining weight is not the best solution. Effective change is based on good posture and a balanced body. A well planned, professional program will ensure that your progress is focused and a re-assessment will give you the confidence and motivation to keep on track and achieve your goals.



1. Baseline

- Your baseline scan is quick
- Non-intrusive 40 second scan
- Using the latest 3D validated technology
- Conducted by an accredited test manager

2. Results and Support

- Results are interpreted by your professional clinician
- A custom program can be designed based on fact not opinion
- You will achieve your goals more efficiently and for the long-term

3. Re-assess

- Having a periodic valid re-assessment will ensure you keep on track to achieving your goals
- Tracking allows your health support team to quickly identify and make changes as required

