



# BIA

Body Composition Scanning

## *Why do a body composition 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.

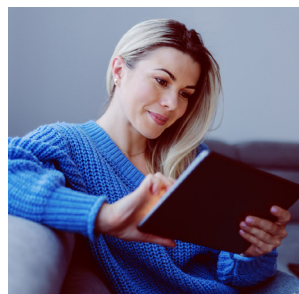
Combining a body composition scan with a 3D full body scan will give you a true baseline literally inside and out.

## *What will the scan provide me?*

An easy-to-read report that shows the breakdown of four measurable elements that make up your body mass: Water, fat, muscle and bone

## *How will this help me achieve my goals?*

Simply losing or gaining weight is not the best solution. The ideal change is a reduction in fat mass and increase in muscle mass. A well planned, professional program will ensure that your progress is balanced 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 BIA 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

