



## 3D BODY SCANNING

Tracking important baseline measurements such as waist, hip, and thigh circumference, as well as monitoring changes in body fat and muscle growth, has never been easier. Advanced body composition prediction models provide insights into these areas, making it a valuable tool for individuals in tracking their health and fitness progress.

The scanning process only takes a few minutes to complete. You simply stand on the platform, while the cameras and sensors capture the necessary data. This eliminates the need for uncomfortable procedures like pinching the skin or relying on potentially unreliable bio impedance machines.

Our 3D Body Scan is essential to track progress and establish achievable goals for you. With the help of the "fat loss" calculator, our Wellness Coaches can set realistic objectives based on the scans and results obtained. This ensures that you are guided towards your desired goals in an effective manner.

During a typical appointment, we allocate 30 minutes of time to ensure a thorough session. This allows our Wellness Coaches to properly set you up in our system and conduct a comprehensive scan then reviewing all the important information it provides. To ensure the accuracy of the scans, we suggest that you arrive at the appointment wearing close-fitting clothing, as this allows for better results. Additionally, it's preferable to have your hair tied up away from your neck.

Once our Wellness Coach familiarizes you with the room, you will be given privacy to undress and stand on the scanner. Following the prompts, the scanner will rotate your body around the tower for approximately 1 minute. Once the scanning process is complete, you may put your clothes back on and notify us that you are finished. The trainer will then return to the room, inputting some of your personal information to set up your account and provide you with the scan feedback.

We recommend incorporating scans early in your gym experience, whether you are joining the gym, starting a new personalized training program, or altering your weekly class participation. It is crucial to understand your baseline numbers, as they serve as a reference point for future comparisons. We suggest testing every 4-6 weeks, allowing sufficient time to work on your programme while remaining flexible to incorporate necessary adjustments promptly, ensuring optimal training efficiency.

For more information contact [pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk)