



YOU CAN'T MANAGE WHAT YOU DON'T MEASURE

We live in a world where what we weigh has a fixed association to how we look.

But our weight is intricately tied to the gravitational pull. When we step on a scale, it measures the force exerted by our body due to gravity. This force is what we commonly refer to as our weight, which is one aspect of our health.

If your goal is to lose fat, then there are much better ways to measure this and to keep you progressing.

Introducing our 3D Body Scanner service.

How does it work? The Kinect sensor used in our scanner emits harmless infrared light, similar to that used in a remote control. It is completely non-invasive and safe to use.

The IR light coming from the sensor does not affect human tissue, and won't affect people with pacemakers or other medical conditions. Hundreds of thousands of light particles are being emitted, and they are all being received back to the sensor after bouncing off of a tiny part of your body, many times per second.

As the software receives these thousands of data points, these distances, it combines them together to create a 'depth image', or a 3D picture, of a single angle of your body. The scanner takes roughly 850 of these images as your body rotates on the turntable. Because the images are taken as your body is rotating, we can create a full 3D copy of your entire body by combining the images.

By accurately measuring progress, you are more than just your weight and your fitness goals are so much more than the aesthetics, it's your health and quality of life too. But because we don't see this on the scales it's so easy to be overlooked.

Our 3D body scanner service highlights key markers which can help you track fat loss, muscle gain, all body measurements and your posture which all link to your overall health and quality of life. Endlessly chasing a desired weight and certain look will only lead you to a never-ending cycle of confusion and missing the other wins you have achieved in your fitness journey.



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With the 3D Body Scanner, you are seeing the visual representations of your body composition in detail which can be a powerful catalyst for change. Whether it's a reduction in body fat percentage or muscle gained in specific areas, these visual cues serve as tangible evidence of progress, fuelling motivation and commitment to continued improvement.

Book your free 3D Body Scan here pt@healthoutfit.co.uk

Our Wellness Coaches are here to make your journey enjoyable and meaningful. Don't take our word for it, look at some of the great feedback we have received so far!

"Excellent tool for those who are interested in analysing their body composition and on a wellness journey but appreciate that it's a sensitive subject for some."

"It is very useful to get analysis of body composition and track evolution over time to see the results of effort made to improve fitness."

"Excellent facility, and good knowledge on the results, what they mean, and how to improve health and wellbeing moving forward"

