

Infra-red Body Analysis

SPECIFIC TARGETS:

- Prevention and reduction of health risks through targeted healthy activity programmes
- Weight management through healthy, appropriate nutrition

CONTENTS:

- Infra-red measurement of the body fat on a defined reference point of the upper arm on the dominant side
- Analysis of the results based on age and gender specific reference data
- Measurement of waist circumference and analysis based on international standard values
- Creation of individual recommendations for regular physical activity and healthy nutrition
- QR-Code: Results and special exercises digitally available

SPECIFIC REQUIREMENTS:

Upper arm must be freed

TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

ORGANISATION:

Space requirement: $\geq 6 \text{ m}^2$, power socket: 230 V

Please provide 1 table and 2 chairs

PREVENTION PRINCIPLE:
Prevention and reduction of excess weight



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BACKGROUND:

The **ratio of body fat to lean body tissue** is considered a **reliable factor** in the calculation of body weight and body composition. Whereas weight readings on one's own personal scales can often be misleading, for example athletic people can sometimes be classified as „overweight“ while slim but unfit people often appear in the „ideal weight“ range, body fat analysis using infra-red delivers **reliable results**.

PROCESS:

Measure is completely painless with no associated risks whatsoever and is performed by a light sensor on a defined reference point on the upper arm. We also measure the **waist circumference** as a standard part of the test, which provides us with information on local fat distribution or the **risk factor associated with intra-abdominal fat**.

RESULTS:

The results are evaluated on the basis of age and gender specific reference values. The ratio of body fat to muscle mass reflects **personal nutritional and activity behaviours** and therefore serves as a significant fitness and lifestyle indicator. Additional valuable health-related information on cardiovascular and metabolic health is provided by the waist circumference measurement, which is analysed using international reference values. The recommendations made afterwards focus on specific tips and strategies to prevent and **reduce excess weight**: depending on individual results, the focus can be switched to healthy nutrition, targeted mobility in everyday life, during leisure time and at work, or recommendations can be made encompassing a combination of the above.

