

Body Composition Analysis

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How much does it cost?

Your initial single body composition scan costs £99.00. If further scans are required you will be charged £75.00 or you can purchase a three scan package for just £199.00. You may pay by credit, debit card, or cash.

Book Your Body Composition Scan Now

To book your scan just phone 01454 205225 and one of our administrators will be ready to make your appointment.

allows you to **Focus on Fitness**

A DXA scan is the gold standard in clinical body composition analysis. A total body composition scan is the fast and easy way to monitor your response to a training and/or weight loss programme or recovery from injury. It produces scientifically validated results that are reliable and reproducible so that you can confidently track your progress.

www.body-composition.co.uk



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Who Benefits?

DXA body composition measurement can be a key tool for Athletes whose aim is optimal body composition for enhanced athletic performance or individuals in a weight management program who would like to gauge their progress or simply measure their body fat. As a DXA scan is reproducible, future scans will provide accurate fat and lean mass trending information.

It can also help to:

- Design diet and exercise recommendations
- Assess the effectiveness of nutrition and exercise interventions in altering body composition
- Identify health risk associated with excessively low or high levels of total fat
- Identify health risk associated with excessive accumulation of intra-abdominal fat
- Determine your ideal body weight

We recommend you consult with your personal trainer, nutritionist, or your doctor regarding your results.

Body composition scans with DXA provide precise and accurate data on bone and tissue composition, including bone mineral density, lean tissue mass and fat tissue mass. It provides total body data and regional results (trunk, arms, legs, pelvis and android/gynoid regions)
The measurements are fast and non invasive so that knowing your body composition allows you to Focus on Fitness!.

What is DXA Body Composition Analysis?

Most people are used to stepping on a set of scales but monitoring weight, while helpful, is at best a crude and imprecise way to assess your health. A person can have a lot of muscle or a large frame, but be considered "over-weight" by many height/weight charts. The opposite can also be true – a person can have a lot of fat and little muscle and be "over-fat" but not overweight. Too little body fat is linked to problems with normal, healthy functioning in both men and women. It can also lead to problems with reproduction in women.



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Too much body fat, especially when located around the abdomen, is associated with increased risk of many diseases, including type II diabetes, high blood pressure, stroke, heart disease, and certain cancers. Obesity alone is a risk factor for early death. Yet through appropriate exercise and nutrition the proportions of fat to muscle may be changed and these risks significantly reduced.

What are the Risks?

Risks of DXA scanning are very low. There is exposure to a small amount of radiation but less than a day's natural background radiation.

What You Should Let Our Doctor Know About?

You do not need to do anything in particular to prepare for a body composition test. However, you should not book this test within one week of having an examination that uses barium, a radioisotope injection, or oral or intravenous contrast material (such as an MRI or CT scan).

Before your scan, let our administrator or technologist know if you are currently pregnant. We would not recommend even the tiny radiation exposure of a DXA body composition scan in pregnancy even though it is considered to be safe.

If you are heavier than 130kg we will, unfortunately, be unable to scan you.

What to Expect During Your DXA Body Composition Analysis.

The scan is completely painless and takes about 20 minutes to complete.

When you come in for the test, you will need to remove all jewellery, hair accessories, glasses, and other metal objects such as belts, metal zips and buttons as they may interfere with the test. You do not normally need to undress but we will provide you with a gown for the test, if you prefer.

For the test, you will lie still on a padded table while the DXA unit scans your entire body.

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bodycomposition
DXA scanning