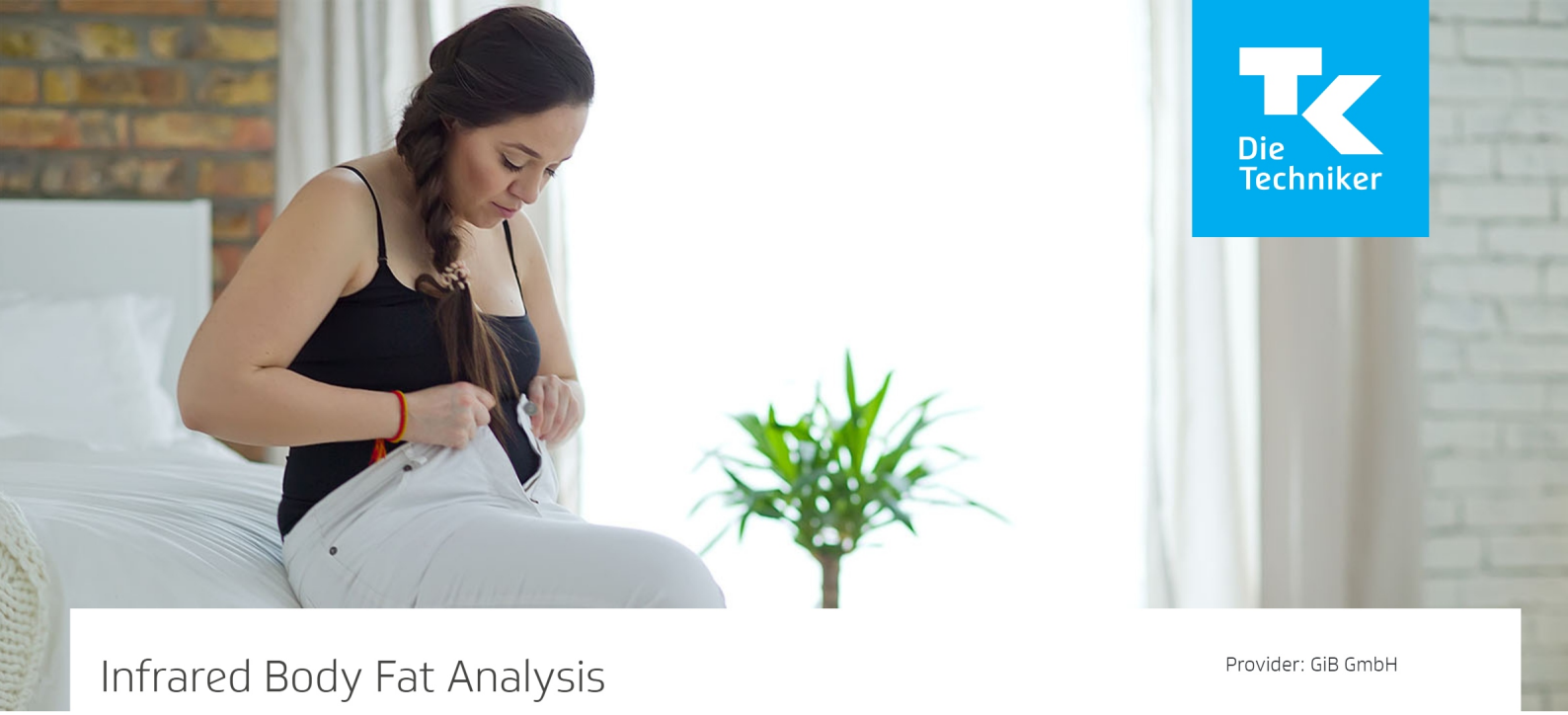

Infrared Body Fat Analysis

Provider: GiB GmbH

The ratio of body fat and fat-free tissue is considered a reliable factor for evaluating body weight and body composition. While errors often occur when assessing weight using only bathroom scales - athletic people are classified as "overweight" and slim, untrained people are usually certified as their "ideal weight" - body fat analysis by infrared provides meaningful results.

Topic: Nutrition and metabolism

Prevention Principle: Avoiding and reducing obesity

Specific Goals

Prevention and reduction of health risks through health-oriented exercise programs. Weight management through a healthy, adapted diet.

Contents

- Infrared measurement of body fat at a defined reference point on the dominant upper arm
- Evaluation of the result using age- and gender-specific reference data
- Measurement of waist circumference and evaluation according to international standards
- Derivation of individual recommendations for regular exercise and healthy nutrition
- Results and individual recommendations available digitally

Procedure

The comfortable and completely harmless measurement takes place via a light sensor at a defined reference point on the upper arm. In addition, an abdominal circumference measurement is carried out as standard, which also provides information about the regional fat distribution and the risk factor "internal abdominal fat".

Results

The results of the infrared measurement are evaluated on the basis of age and gender-specific reference values. The ratio of body fat and muscle reflects personal diet and exercise behavior and is therefore considered an important fitness and lifestyle indicator. The abdominal circumference measurement provides further valuable information on cardiovascular and metabolic health. The advice focuses on tips and strategies for avoiding and reducing obesity. Depending on the individual result, the emphasis can be placed on a healthy diet, targeted exercise and their combination in everyday life, leisure time and work.

Special instructions for implementation

The upper arm must be cleared for the measuring sensor

1:1 Health Module (Presence)

- Duration: 15-20 minutes per person
- Individual appointment

Requirements

- Space requirement ≥ 6 m²
  (Provide table and 2 chairs)
- Power connection (230 V)