

Vital Screening

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 only using personal scales - athletic people are classified as „overweight“ and slim, untrained people are usually certified as „ideal weight“ - our body analysis measuring instruments deliver meaningful results.

Topic: Nutrition and metabolism

Prevention Principle: Avoiding and reducing obesity

Specific Goals

Prevention and reduction of health risks through appropriate health-oriented exercise programmes. Furthermore, weight management through a healthy and adapted diet.

Contents

- Determination of body fat percentage, fat-free mass and muscle percentage
- Measurement of waist circumference
- Evaluation of the result using age- and gender-specific reference data
- Blood pressure measurement
- Derivation of individual recommendations for regular exercise and healthy nutrition

Contraindications

- Pregnancy
- Pacemaker

Procedure

Professional diagnostic devices are used, as they are also used in nutritional medicine (not to be confused with simple „fat scales“). In addition, a standard abdominal circumference measurement is carried out, which provides information about the regional fat distribution and the risk factor „internal abdominal fat“. In order to obtain information on cardiovascular health, a blood pressure measurement is also offered.

Results

The result of the body composition reflects the personal diet and exercise behavior and is therefore considered a meaningful health and lifestyle indicator. The abdominal circumference measurement, in combination with the blood pressure measurement, provides further valuable health information on cardiovascular and metabolic health. The advice focuses on tips and strategies for weight management - depending on the result - through healthy nutrition and/or targeted health sports activities as well as easy-to-implement relaxation measures.

1:1 Health Module (Presence)

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

Requirements:

- Space requirement $\geq 6 \text{ m}^2$
(Provide table and 2 chairs)
- Power connection (230V)