Getitsorted Health and Fitness

Bioscan

Body composition analyser

Gauge your results with the Bioscan

Looking beyond Pinch tests, BMI and bathroom scales

BMI and weight can be misleading because neither distinguishes how much fat versus muscle you have. Body composition testing is the process of measuring components of the body; what you are are made of.
BMI and traditional bioelectrical impedance (BIA) scales use empherical data to estimate results.
Pinch tests (skinfold), results can vary widely depending on who is administering the test and his or her skill level. There are 3, 5 and 7 point tests and need to be taken from exactly the same spot every time. Calipers at best can only measure subcutaneous fat, not visceral. The numbers are tallied and worked out with a formula which estimates your body fat percentage based on your age and gender. Most calipers are made out of plastic and of poor quality. This method doesn't accurately measure muscle mass.

The Bioscan difference

Using patented state-of-the-art technology and accuracy, Bioscan tests and in-depth results are obtained in less than one minute, printed out and most of all, uninvasive.
Bioscan uses electrical impedance with 2 different frequencies to test 5 body segments and provides multiple accurate scientific results.
Bioscan technology has been scientifically verified to within 98% accuracy of the DEXA Scan (Dual-Energy X-Ray absorptiometry) without the expense or exposure to radiation.
Unlike BMI and common BIA composition scales, Bioscan does not use empirical factors in its results.
Bioscan also uses direct segmental measurement and 8-point tactile electrode system.

Bioscan summary

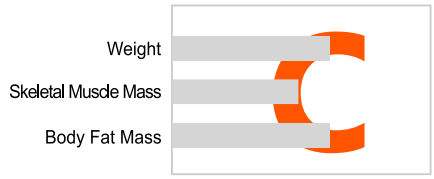
Bioscan allows you, your trainer or Health professional to regularly monitor your level of bodyfat, lean muscle mass and muscular development so you can understand how your diet, lifestyle and training regime are influencing your overall body composition.
Bioscan can also be accurately used for rehabilitation treatment.

Bioscan's patented scientific analysis measures accurately:

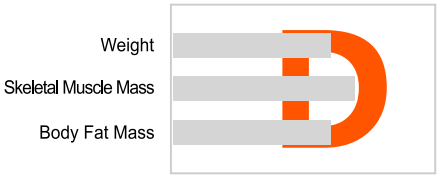
- Weight
- Skeletal Muscle Mass
- Body Fat Mass
- Total Body Water
- Intracellular Water
- Extracellular Water
- Lean Body Mass
- Dry Lean Mass
- BMI
- Percent Body Fat
- Segmental Lean Mass (right arm, left arm, trunk, right leg, left leg)
- Segmental Fat Mass (right arm, left arm, trunk, right leg, left leg)
- Fat and Muscle Mass Control
- Basal Metabolic Rate (BMR)
- Impedance of Each Segments & Frequencies
- Estimated assessment of protein and mineral analysis (bone density)

Bioscan Body Composition Interpretation Guide

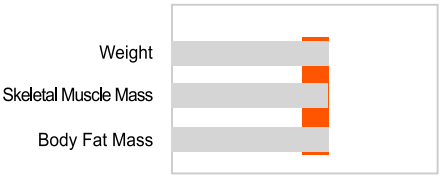
The shape created from the top of the Bioscan results (Weight, Skeletal Muscle Mass and Body Fat Mass), is a good initial indicator of body composition.



'C' shape: Fat mass is relatively greater than muscle content.



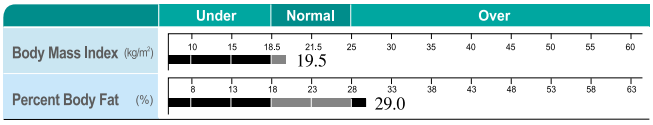
'D' shape: Muscle mass has been increased and fat mass has been reduced. This is indicative of a stronger body.



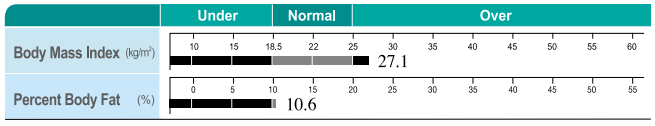
'I' shape: Uniform measure no one area prominent. Generally untrained individuals unless carrying large amounts of muscle mass, weight control measures may be necessary.

Obesity Diagnosis - The problem with BMI

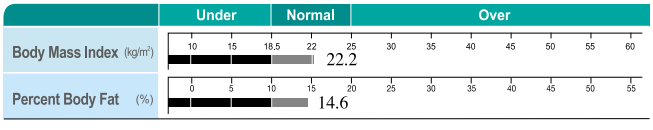
BMI alone cannot judge obesity. BMI and Percent Body Fat must be considered together for accurate obesity diagnosis With BMI a bodybuilder could potentially be morbidly obese.



Normal BMI with high PBF; Sarcopenia and Obese Body



High BMI but normal PBF; Well-built Body



Both BMI and PBF are normal; Healthy Body

Both BMI and PBF are high; Obese Body

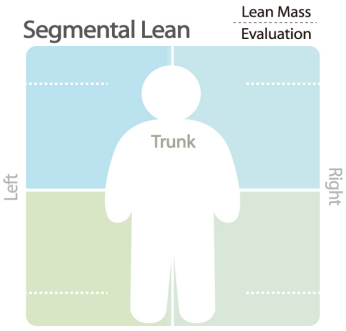
I D		Height	Date
Age		Gender	Time

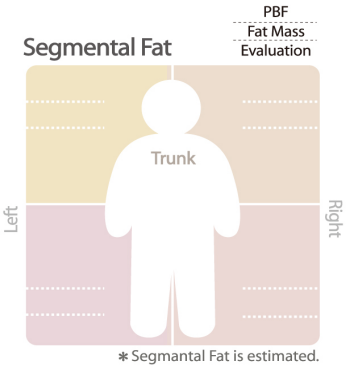
Body Composition

	Under	Normal	Over UNIT:%	Normal Range
Weight				
Muscle Mass Skeletal Muscle Mass				
Body Fat Mass				

TBW Total Body Water		FFM Fat Free Mass	
Protein		Mineral *	

* Mineral is estimated.





* Segmantal Fat is estimated.

Obesity Diagnosis

	Value	Normal Range
BMI (kg/m²) Body Mass Index		
PBF (%) Percent Body Fat		
WHR Waist-Hip Ratio		
BMR (kcal) Basal Metabolic Rate		

Nutritional Evaluation			
Protein	☐ Normal	☐ Deficient	
Mineral	☐ Normal	☐ Deficient	
Fat	☐ Normal	☐ Deficient	☐ Excessive

Weight Management			
Weight	☐ Normal	☐ Under	☐ Over
SMM	☐ Normal	☐ Under	☐ Strong
Fat	☐ Normal	☐ Under	☐ Over

Obesity Diagnosis			
BMI	☐ Normal	☐ Under ☐ Extremely Over	☐ Over
PBF	☐ Normal	☐ Under	☐ Over
WHR	☐ Normal	☐ Under	☐ Over

Impedance

Muscle-Fat Control

Muscle Control		Fat Control		Fitness Score	

Waist-Hip Ratio
This is determined by dividing the waist circumference at the line of the navel by the maximum hip circumference.

Muscle Control
Suggests how much muscle to increase for optimal health. If it is showing 0.0, you have enough muscle mass.

Fat Control
Suggests how much body fat to increase or decrease for optimal health. This can indicate a + figure for lady athletes.

Fitness Score
The more muscle mass a person has the higher the score reflection. A muscular person can score over 100. Female athletes with low body fat will produce a lower score, so overall body composotion should be taken into account.

75 or less	Indicates a lack of muscle or possibility of being exteremely underweight or overweight, requiring exercise and diet control
75-80	Average. Reasonably healthy
80-85	Those who actively look after their diet and exercise
85+	Usually very fit or carrying a large amount of muscle mass.

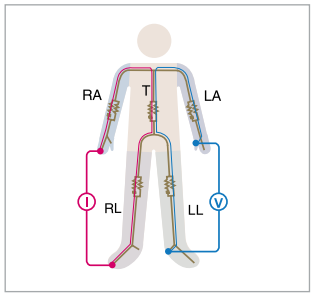
Segmental Lean analysis
This picture can identify the amount of muscle in each segment (of our limbs and trunk) as well as show the ratio of each through percentage. By measuring segmental muscle distribution, you can review body balance and development. The Bioscan provides information essential to check the effectiveness of rehabilitation treatment or establish a direction of exercise.

Segmental Fat Analysis
This picture shows your soft lean mass in relation to your actual weight and distribution. The percentage shown is what percentage of the limb is fat mass.

Protein
Protein consists of nitrogen and high levels of nitrogen in the cells indicate good levels of muscle mass and health. A lack of protein implies a lack of muscle mass possibly indicating one or a combination of poor nutiriton, malnourishment or too much cardiovascular training.

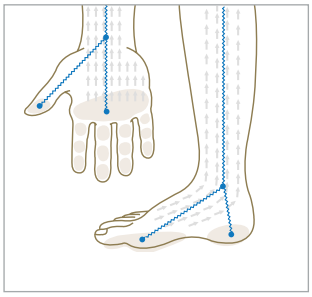
Mineral
The Bioscan analyses two types of minerals. Osseous and Non-osseous minerals. Osseous are bone mineral and non-osseous are those found in other parts of the body. Mineral is directly related to soft lean mass. The more lean mass, the weight of hte bones strengthens, which in turn increases bone mineral.

Bioscan scientific technology



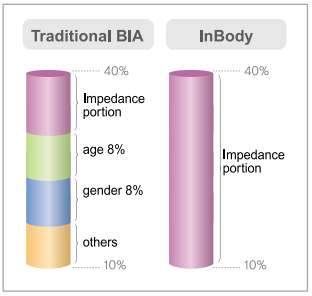
Direct Segmental Measurement

Biospace's segmental analysis method is a worldwide patented technology.
This means measurements are absolutely accurate by producing impedance values for 5 different segments of the body separately (each arm, each leg, and the "trunk").



8-Point Tactile Electrode System

Enhanced accuracy with multi point measuring region.



No Use of Empirical Estimation

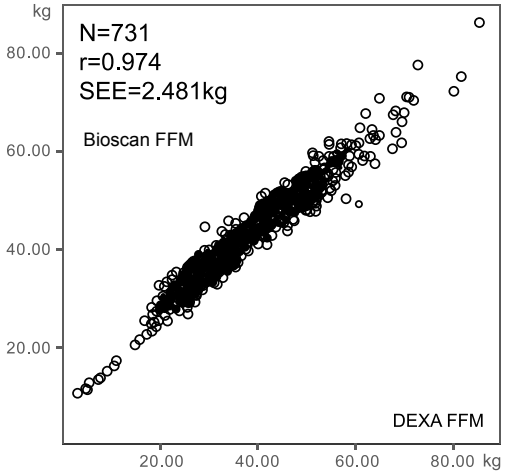
Unlike cheap BMI and older composition scales commonly found, the Bioscan uses direct segmental measurement and 8-point tactile electrode system. The Bioscan does not need empirical factors in calculation.

98% Accuracy when compared to DEXA

The Bioscan is the only body composition analyser which offers the high correlation coefficient near 0.98 comparing with DEXA (Dual-Energy X-Ray absorptiometry) Scan

Male : 343, Female : 388

	N	Minimum	Maximum	Mean	Std. Deviation
Age (years)	**731**	**5.00**	**88.00**	**40.09**	**17.54**
Height (cm)	**731**	**106.50**	**193.00**	**162.42**	**10.43**
Weight (kg)	**731**	**17.30**	**118.30**	**60.60**	**13.59**



Correlation study with DEXA shows that the Bioscan is highly accurate (r=0.974).

Guidelines for accurate measurement with the Bioscan

1) The analysis should be carried out before exercise and on an empty stomach and bladder

2) Analysis should not be carried out after a shower or the use of a sauna, as sweat and heat cause a temporary change in conductivity within the body

3) Wear comfortable clothing, removing any items with metal zippers, snaps, fasteners, belts and underwire bras. Please remove jewelry where possible.

4) To accurately track and monitor results, subsequent testing should be carried out under similar conditions. (i.e. similar clothing, testing time, before eating or exercising etc.)

5) Arms need to be held away from your body during analysis.

6) Body composition results will be affected in the case of pregnancy, breast augmentation, irremovable pearcings, metal plates, pins, screws, metal prosthetic joints.

7) Please do not use if you have a pacemaker, defribulator, or nerve stimulator.

8) At Getitsorted Health and Fitness, we suggest a qualified health care professional should be consulted to effectively evaluate your overall scan.

Contact

Greg "Grego" Mawson
Body composition analyser specialist
Getitsorted Health and Fitness
info@getitsorted.co.nz
www.getitsorted.co.nz
www.facebook.com/gregOnz