



MIND

MY INSPIRATION NEVER DIES



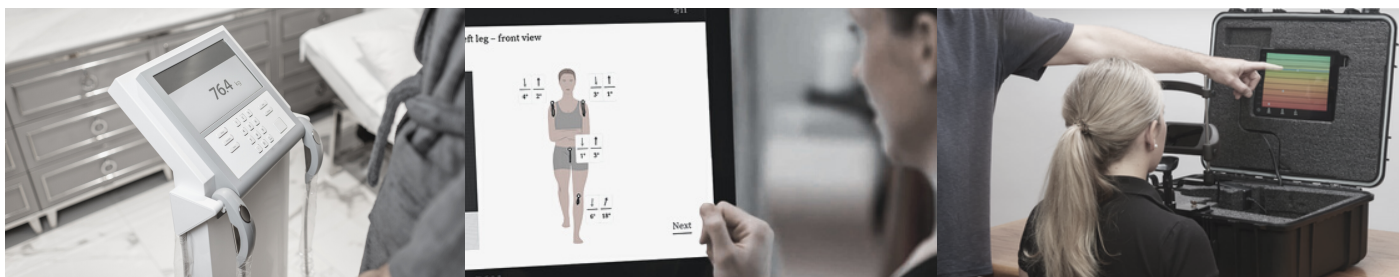
WELLNESS SCANS

SCREEN AND ASSESS YOUR BODY AND
FUNCTION

YOUR NUMBERS

DATA INTERPRETATION AND HOW IT LINKS TO YOU

Scans, screens and assessments will assist you in identifying any areas of your life that may need modifying to improve your wellness. The support and analysis from professional scan data and information specific to you will baseline your current health status and provide an overview on where you are now, physically and mentally.



BODY COMPOSITION & FIT3D

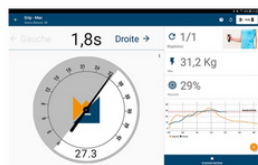
Objective assessment of body composition that assists clients with weight management, diabetes management and understanding their internal make up. Non-intrusive 3D body scanning that measures body circumferences and posture. Both are baseline measurements that supports goals and lifestyle changes.

MOOVMENT PRO

Accurate 3D recording and measuring of functional movement, including posture, balance, side bending, double leg squat and single-leg squat.

EYE GUIDE

Objective based ocular tracking as a component of assessing the potential of concussion.



Max grip strength assessment

This assessment tests the maximal grip strength 100% corresponds to the maximal strength of the patient. It is related to a short and strong physical effort and is very helpful as a work reference. The most relevant measured parameter is the force peak.



K-INVENT

Tools enabling rapid and objective assessment, while making training and rehabilitation more efficient and fun.

Sens | Link | Force Plates | Muscle Controller | Bubble | Grip

FUNCTIONAL MOVEMENT SCREEN

A screening tool used to evaluate seven fundamental movement patterns in individuals.

It's designed to place an individual in extreme positions where movement deficits become noticeable if appropriate stability and mobility are not used.

ROXPRO

ROXPro uses light, sound, vibration and technology to create sport-science backed training scenarios that develop cognitive-motor skills and boost engagement across all skill levels.

YOUR BODY MASS INDEX (BMI)

WEIGHT (KG) / HEIGHT (M) ²

Body Mass is a measurement comprised of the total mass of the body, and is expressed in kilograms (kg). The Body Mass Index (BMI) uses weight and height to determine whether an adult is within the healthy weight range, underweight, overweight, or obese.

We don't look at BMI as a reliable representation of health. Between the ages of 18 -20 years we generally stop growing, that means the only changeable variable within the BMI calculation is weight. Therefore, it isn't a valid formula and is outdated.

BMI RANGES

Underweight	Healthy	Overweight	Obesity I	Obesity II	Obesity III
< 18.5	18.5 - 24.9	25 - 29.9	30 - 34.9	35 - 39.9	40+

YOUR BODY FAT %

Body Fat Percentage is the amount of body fat expressed as a proportion of your total body mass. Not all body fat is bad, it's essential for maintaining and regulating body temperature, cushioning and insulating organs and tissues, supports cell structure and stores energy. We need at least 3% body fat to survive.

Although you need healthy body fat, too much fat can damage your long-term health. Reducing excess levels have been shown to directly reduce the risk of certain conditions such as high blood pressure, heart disease, diabetes and cancer.

HEALTHY BODY FAT RANGES

Gender/Age	Underweight	Healthy	Overweight	Obese
Female				
20 - 39	0% - 21%	21% - 33%	33% - 39%	39%+
40 - 59	0% - 23%	23% - 34%	34% - 40%	40%+
60 - 79	0% - 24%	24% - 36%	36% - 42%	42%+
Male				
20 - 39	0% - 8%	8% - 19%	19% - 25%	25%+
40 - 59	0% - 11%	11% - 21%	21% - 28%	28%+
60 - 79	0% - 13%	13% - 25%	25% - 30%	30%+

YOUR MUSCLE MASS

Refers to the weight of muscle in the body.

Muscle mass includes skeletal muscles, smooth muscles (e.g. cardiac and digestive) and the water contained in the muscles. Muscle acts as an engine consuming energy.

As your muscle mass increases, the rate at which you burn energy (calories) increases. This accelerates your basal metabolic rate (BMR) and helps you reduce excess body fat levels and lose weight in a healthy way.

If you are exercising hard, your muscle mass will increase and may also increase your total body weight. That's why it's important to monitor your measurements regularly to see the impact of your training programme on your muscle mass.

HEALTHY RANGES

Gender/Age	Classification
Female	
20 - 39	63% - 75.5%
40 - 59	62% - 73.5%
60 - 79	60% - 72.5%
Male	
20 - 39	75% - 89%
40 - 59	73% - 86%
60 - 79	70% - 84%

YOUR BONE MASS

Bone Mass is the amount ('weight') of bone that is present in the body like bone mineral level, calcium or other minerals. Bone is living tissue made up of specialised bone cells and is constantly being broken down and renewed. Bone growth is nearly complete by the end of puberty.

After an individual reaches their mid 30s, there is an imbalance between bone production and bone breakdown. This results in a gradual decrease in bone mass and strength with increasing age in both men and women. The effects of this imbalance will not be experienced over a short period of time, so it is essential that individuals maintain healthy bones through regular exercise and a balanced diet to avoid bone loss. You should track your bone mass over time and look for any long-term changes.

Bone mass is not a direct indicator of bone density. If you are concerned with your result it is recommended that you consult a specialist.

AVERAGE ESTIMATED BONE MASS

Female	<50kg	50 - 75kg	>75kg
	1.95kg	2.40kg	2.95kg
Male	<65kg	65 - 95kg	>95kg
	2.65kg	3.29kg	3.69kg

YOUR TOTAL BODY WATER

Total Body Water Percentage is the total amount of fluid in your body expressed as a percentage of your total weight.

Maintaining a healthy total body water percentage will ensure your body is able to function efficiently and will reduce the risk of developing associated health problems. Only half the body consists of water. It regulates body temperature and helps eliminate waste.

The amount of fluid needed every day varies from person to person and is affected by climatic conditions and how much physical activity you undertake. You lose water continuously through urine, sweat and breathing, so it's important to keep replacing it.

A rough rule of thumb is approximately 30 mls per kg of body weight (School of Health & Human Performance, Central Qld University). This means that if you weigh 75 kg you should drink approximately 2250 ml each day. This amount would increase with exercise and in hot conditions.

It's important to look for long-term changes in TBW% and maintain a consistent, healthy range. If you drink a large quantity of water in one sitting it will not change your water level it will in fact increase your body fat reading due to additional weight gain.

AVERAGE TOTAL BODAY WATER %

Female	45 - 60 %
Male	50 - 65 %

EXTRACELLULAR V INTRACELLULAR

ECW	ICW
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ECW is the water located outside your cells and is roughly 1/3 of your fluid.

Unlike ICW, you do not want to see your ECW increasing beyond normal levels.

Excess ECW can indicate health risks, including:
Inflammation
Renal Disease (Kidney Failure)
Unhealthy Fat Mass Levels (Obesity)

ICW is the water located inside your cells. In healthy people, it makes up the other 2/3 of the water inside your body.

Having slightly more ICW than normal isn't necessarily a bad thing. In fact, it can signal positive changes in your body composition.

Increased ICW as a result of exercise is a sign of:
- Increased Lean Body Mass, which is a very good thing and has positive health benefits, including:
· Increased Energy Use
· Increased Strength
· Increased Immune System

BASAL METABOLIC RATE

Your Basal Metabolic Rate (BMR) is the minimum level of energy your body needs to function effectively while at rest. This includes the energy required to maintain function of the respiratory and circulatory organs, the nervous system, liver, kidneys, skin and muscles.

Energy expenditure is continuous, but the rate varies throughout the day and usually is at its lowest in the early morning.

About 70% of calories consumed each day are used for your basal metabolism. More energy is used when undertaking any form of physical activity. Increasing muscle mass will speed up your basal metabolic rate (BMR) because it increases the number of calories you burn and helps to decrease body fat levels.

A person with a high BMR burns more calories at rest than a person with a low BMR. The more active you are the more calories you burn and the more muscle you build, so you need to ensure you consume enough calories to keep your body fit and healthy.

BMR is determined by a combination of genetic and environmental factors, as follows:

Age | BMR reduces with an increase in age by 2 percent per decade

Genetics | You can be born with a faster or slower inherent metabolism

Gender | Men have a higher BMR due to more muscle mass and lower body fat percentage

Weight | The heavier you are, the higher BMR you will have

Body fat percentage | A lower body fat percentage will have a greater BMR

Diet | Starvation or low calorie diets will reduce your BMR by 20-30%

Exercise | Helps to raise your BMR by building lean muscle mass

AVERAGE BMR VALUES

Female	5,900 Kj/day
Male	7,100 Kj/day

YOUR VISCERAL FAT

This is the fat that is located deep in the core abdominal area, surrounding and protecting the vital organs in the trunk area.

People with high levels of visceral fat are more at risk of developing high blood pressure, heart disease, cancer and diabetes. As people age, the distribution of body fat is likely to shift to the abdominal area even if the individual maintains a constant weight and body fat percentage.

It is possible to have a low total body fat percentage and a high visceral fat rating. Males are more likely to have a high visceral fat rating than females, however the gap between genders is diminished for post-menopausal women.

VISCERAL FAT CATEGORIES

Level	Explanation
1 - 12	Healthy Indicates you have a healthy level of visceral fat. Continue monitoring your rating to ensure it stays within the healthy range
13 - 59	Excessive Indicates you have an excess level of visceral fat. Consider making changes in your diet and/or increasing the amount of exercise you do.

YOUR WAIST-TO-HIP RATIO

The waist-to-hip ratio (WHR) is a quick measure of fat distribution that may help indicate a person's overall health. People who carry more weight around their middle than their hips may be at a higher risk of developing certain health conditions.

HEALTHY RANGES

	Classification
Female	
Low	< 0.80
Moderate	0.81 - 0.85
Higher	> 0.86
Male	
Low	< 0.95
Moderate	0.96 - 1.0
Higher	> 1.0

YOUR WAIST CIRCUMFERENCE

This is the pattern of body fat distribution is recognised as an important predictor for certain disorders. Individuals with more fat on the trunk, especially abdominal fat, are at increased risk of developing hypertension, type 2 diabetes, heart disease and certain cancers which in turn may lead to premature death.

For individuals in the overweight and obese categories, a weight reduction of 5-10% of total body weight is sufficient to produce benefits including improved insulin function and reduced blood pressure.

A healthy diet and regular exercise may assist with this.

HEALTHY RANGES

	Classification
Female	
Healthy	< 80 cm
Overweight	80 - 88 cm
Obese	88 cm +
Male	
Healthy	< 94 cm
Overweight	94 - 102 cm
Obese	102 cm +