

HEALTH

WIN

A three-scan package with **Bodyscan** at its clinics in the City and Marylebone worth **£329**

Bodyscan has teamed up with *The Wharf* to offer readers the chance to win one of three, three-scan packages worth £329.

The company uses the very latest, medically developed DEXA (dual energy X-ray absorptiometry) technology to quickly and accurately measure the amount of body fat, lean tissue and bone in each major part of your body - arms, legs and trunk.

In less than four minutes, the scan delivers a comprehensive three-page report that reveals your fat and muscle mass and distribution as well as your risk from visceral fat - that's the bad fat around internal organs, which

is linked with type two diabetes, heart disease, some forms of cancer and even stroke.

To put your results in perspective a face-to-face consultation compares your fat and muscle (and their distribution) with 4,000 Bodyscan clients, whose results make up the UK's biggest DEXA body scan database.

You'll also understand how many calories you should be eating to achieve your goals, get realistic targets for fat loss and muscle gain and then track your progress to the nearest gram with follow-up scans every three months.

Unlike other methods, Bodyscan's £100,000 scanners measure



The Bodyscan process takes less than four minutes to reveal your fat and muscle mass distribution

fat and lean mass separately to give clients their fat mass index (FMI) and lean mass index (LMI). Taken together, these indices are far more meaningful and useful than weight, BMI or even body fat percentage.

Bodyscan is the only DEXA body composition facility in London and has two clinics, one in Marylebone and one at Bank in the City. The winner can claim their prize at either location.

DEXA is used and trusted by strength and conditioning coaches, high calibre personal trainers and several professional sports teams including Arsenal and Norwich FC, the Warrington Wolves and England Rugby.

For a chance to win, just answer this simple question: **How long does a Bodyscan take?**

- Less than 10 minutes
- Less than five minutes
- Less than four minutes

To enter instantly go to bodyscanuk.com/wharf and submit your answer and contact details. The closing date is 5pm on July 27. Go to bodyscanuk.com for more information about the clinics.

SLIMMING

LAURA ENFIELD tries out a service that promises to tell her exactly what's going on under her skin

Bodyscan is the only DEXA (dual energy X-ray absorptiometry) body composition facility in London, although the technology is reportedly used by Arsenal and England Rugby players. It was brought over here by Phil Chant who discovered it while working in corporate marketing in Australia.

And with more than half of women and two-thirds of men in the UK now overweight or obese, he believes it is a vital tool in helping people understand their bodies.

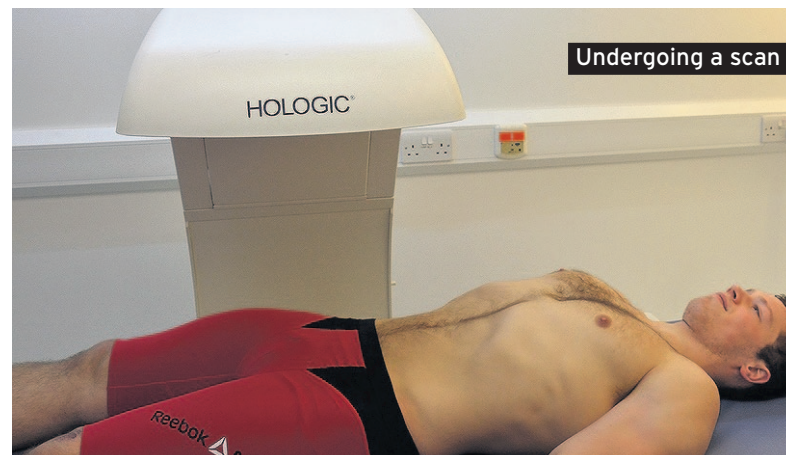
"BMI is a lousy way of measuring body fat composition because it is affected by muscle," said Phil, who took a radiography course before launching the business in Marylebone in 2014.

"I have had bodybuilders come in who have been told they have an unhealthy BMI. It is really worrying how many doctors and health professionals are still using it."

Men have to strip down to shorts and woman don a hospital gown for the scan, which involves lying on a floating table as the £100,000 machine passes over your body. It takes four minutes of stillness so the best option is to be lulled by the gentle noise it makes.



Bodyscan's Phil Chant spent 40 minutes explaining Laura's scan to her and its implications for her health



Undergoing a scan

While getting changed Phillip prints out my three page report, including an image that shows my bones, muscle and fat.

He spends 40 minutes explaining the results in detail.

He uses his database of 1,300 women and 2,700 men as comparison.

One of the most pertinent is Fat Mass Index - my visceral fat in proportion to my height - but I also get a breakdown of how much is on each arm, leg and my torso.

I'm not surprised to discover I have too much - especially around my middle - but I am daunted to discover I am near the upper end of the table. Especially as Phil said a lot of his clients were dieters.

The real wake up call is my VAT reading which shows the high level of "bad fat" there is around my internal organs. This is associated with heart disease, type-two diabetes and stroke but doesn't show up on a BMI reading.

Phil said: "Take sumo wrestlers - they are morbidly obese on the outside but usually have a very low VAT reading because they exert so much energy pushing each other out of the ring. So BMI really wouldn't be a true reflection of their bodies."

But it is not all bad news - there is even more of a shock in store with

my lean mass readings. Phil tells me I have "bones of steel" putting me in the 95th percentile of clients and far from the reaches of osteoporosis, and the muscles of an amateur body builder. Yes, I am a female Wolverine.

Phil also points out helpful information such as my arms being relatively less muscular and one leg being more toned than the other.

He then explains how much fat I should aim to lose and how many calories I should be eating to achieve a healthy target loss.

"Many Bodyscan clients know they're heading towards poor health and have a body scan to give them a kick up the pants," said Phil.

My confidence is buoyed, knowing I am on the right track with a low-carb Keto diet and will be back in three months to check I'm losing fat not muscle mass. I leave with a purposeful stride, determined to melt away that layer of cushioning.

Prices for a single DEXA scan with consultation cost £159, with packages ranging up to £499 for five scans.

Go to bodyscanuk.com

What lies BENEATH