



Access Health

Bodymetrix Ultrasound Body Fat Testing Device

The BodyMetrix System combines a professional grade hand-held ultrasound wand with innovative software to accurately and consistently assess and monitor body composition. With this technology you can actually scan, see, and track fat loss and muscle gain. The BodyView software is used for the calculation of estimated total body fat percentage, localised fat layer thickness, and localised muscle layer thickness. The BodyView software is also used for calculating Waist to Hip Ratio (WHR) and Body Mass Index (BMI). There is also a calculator for estimating Basal Metabolic Rate (BMR).

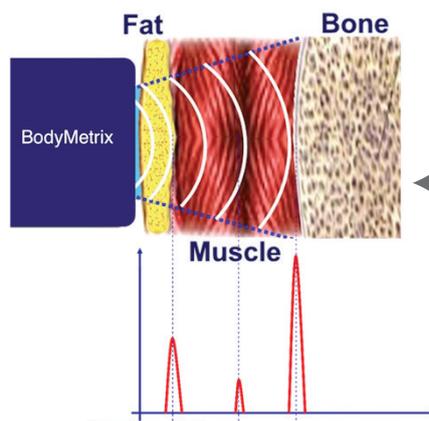


KEY FEATURES

- Pack includes a hand held ultrasound wand and two gel dispensers
- The BodyMetrix Commercial is easy to use and includes a user's guide
- The BodyView software can track changes in measurements and generate body composition reports

ULTRASOUND SCIENCE

If you have ever heard an echo you have experienced the fundamentals of ultrasound measurement. You hear an echo when sound travels through air and reflects from a wall or mountain and comes back to your ear. If you time how long it takes for you to hear the echo you can calculate how far away the reflecting object is. The BodyMetrix™ System generates an ultrasound signal that travels through tissue and then records the reflected signal. Continuing the echo analogy, the BodyMetrix™ device plays the role of your mouth and your ear. Ultrasound waves travel in tissue and strong reflections occur at the boundary of different tissue types, for example, fat-muscle and muscle-bone.



The illustration shows how the BodyMetrix™ transmits and receives pulse echos to produce a graph. The signal shows peaks (echos) from each interface (e.g. fat-muscle, muscle-muscle, and muscle-bone)

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Quality
Approved
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BODY COMPOSITION

Body composition is calculated by measuring subcutaneous fat thickness at multiple sites. The number of sites depend on the formula and can range from an approximate single bicep measurement to as many as 9 sites which provide an accurate measurement of body composition. The sites are illustrated below.

Body Composition Measurement

7-sites by Jackson&Pollock

Points	Fat (mm)
Chest	14.3
Scapula	9.5
Axilla	10.3
Tricep	8.4
Waist	28.8
Hip	12.5
Thigh	6.7

Your Body Fat % is 22.4%

Measure Point

Ready to Measure

Measurement Note

Ultrasound Signal

Thigh

After applying a dime-size amount of ultrasound gel to the head of the device, place on the site point midway between the proximal border of the knee cap and crease of the hip. Spread the gel within the optimal area, then press the button for 2-5 seconds while moving the device up and down 1/4" to 1/2" through the site.

Body Fat Percentage

Your %BF is 22.4

Estimated Water = 102.0 lbs

Fat Free Mass = 37.7 lbs

Essential Fat = 34.9 lbs

Excess Fat = 5.4 lbs

Illustration below shows anatomy at 1 measurement site

Fat layer and two muscle groups are clearly visible in BodyMetrix Scan. Total muscle thickness decreases from 55 mm to less than 10 mm as move from middle of the thigh to the knee

← Bodymetrix scan of the male thigh from midpoint to knee

ITEM CODE

SS2610 Bodymetrix Ultrasound Body Fat Testing Device

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