

3D Body Scan

The Bodygee 3D Body Scan offers a comprehensive and innovative approach to tracking and visualizing body transformations. Utilizing advanced 3D scanning technology, the 3D Body Scan creates a photorealistic 3D avatar of your body, capturing over 100,000 data points with high precision. This allows for detailed analysis of body measurements, including circumferences, posture, and body composition. The process is non-invasive, quick and provides valuable insights into physical changes over time. With the accompanying app, users can monitor their progress, set goals, and stay motivated throughout their fitness journey.

Metabolism and Stress Analysis

Objective:

The Metabolism and Stress Analysis aims to assess your body's metabolic state and stress levels during rest. This evaluation provides insights into how your body processes nutrients and manages stress, forming the foundation for personalized health and wellness strategies.

Procedure:

1. **Resting Breath Analysis:**

While you're at rest, a specialized device measures the ratio of oxygen intake to carbon dioxide output over approximately five minutes. This non-invasive process determines your resting metabolic rate and evaluates how your body utilizes macronutrients (carbohydrates, proteins, and fats).

2. **Stress Level Assessment:**

In conjunction with metabolic measurements, the analysis evaluates your current stress levels. Understanding the interplay between metabolism and stress is crucial, as stress can significantly impact metabolic functions and overall health.

Benefits:

- **Personalized Nutritional Guidance:**

Based on the analysis, you receive tailored dietary recommendations designed to optimize your metabolism and align with your health objectives.

- **Stress Management Strategies:**

The assessment identifies your personal stress levels, enabling the development of customized interventions to effectively manage and reduce stress.

- **Comprehensive Health Insights:**

By understanding your metabolic efficiency and stress responses, you can make informed decisions to enhance your well-being and performance.

Spiroergometry (Activity Analysis)

Objective:

Spiroergometry evaluates your body's metabolic response during physical exertion. This analysis identifies your individual heart rate zones, oxygen uptake (VO₂ max), and other critical parameters, facilitating the creation of personalized training programs.

Procedure:

1. Incremental Exercise Test:

You engage in a graded exercise protocol, typically on a treadmill or cycle ergometer, where the intensity gradually increases. Throughout this test, you wear a mask that captures respiratory gases, allowing for precise measurement of oxygen consumption and carbon dioxide production.

2. Data Collection and Analysis:

The collected data provides detailed information on your aerobic and anaerobic thresholds, ventilatory efficiency, and energy expenditure at various intensity levels. This information is crucial for determining the most effective training zones and understanding your body's response to different exercise intensities.

Benefits:

- **Optimized Training Zones:**

By identifying your specific heart rate zones and metabolic thresholds, you can tailor your workouts to maximize fat burning, improve endurance, and enhance overall performance.

- **Performance Enhancement:**

Understanding your VO₂ max and other performance indicators allows for targeted interventions to increase aerobic capacity and delay fatigue.

- **Injury Prevention:**

Customized training plans based on spiroergometry data help prevent overtraining and reduce the risk of injury by ensuring exercises are performed within safe and effective intensity ranges.

Both the uVida Metabolism/Stress Analysis and Spiroergometry offer comprehensive insights into your body's functioning, enabling the development of personalized strategies to improve health, manage stress, and enhance physical performance.