

Professional body composition analysis:

# BODYSTAT® I500

THE SCIENCE BEHIND CLINICAL BODY ASSESSMENT



[www.bodystat.com](http://www.bodystat.com)





# ADVANCED BODY COMPOSITION ANALYSIS FOR THE HEALTH, FITNESS & LEISURE INDUSTRY



## TAKE YOUR BUSINESS TO THE NEXT LEVEL

Primarily configured for the health, fitness, weight-management and leisure industries, but also used extensively in research and medical applications, the Bodystat®1500 is our world-class body composition measurement, analysis and tracking device. Unique in its simplicity of use and depth of analysis, it is a fundamental tool used by fitness centres around the world.

The health industry is at an all time high and all forecasts are for massive growth as consumers become increasingly aware of the importance of personal health. The Bodystat 1500 is uniquely positioned to help fitness business owners capitalize on this unprecedented growth and capture increased market share and revenues.

Promoting your use of the 1500 will show both new and existing customers that your fitness centre operates at the very highest levels of personal health and fitness management – this is what the modern consumer is looking for. This will encourage increased use of your facilities (generating even more revenue) and new user uptake.



## INCREASE REVENUES, ENGAGEMENT & CLIENTS!

### INCREASE ENGAGEMENT

The Bodystat 1500 gives your members the advanced whole-body composition analysis they demand and is a great way to encourage increased use of your health and fitness facilities.

### INCREASE REVENUES

The advanced analysis from the Bodystat 1500 is something that many of our fitness centre users around the world charge for. Not only will it increase revenue from existing gym members but it is also a powerful USP to attract new members.

### INCREASE REFERRALS

When your members see the depth of the Bodystat 1500's whole-body composition analysis, they will share their health and fitness statistics within their social circle – and this will gain you new members through the power of personal referrals.



# GIVE THEM WHAT THEY WANT

MONTHLY PAYMENT SCHEME AVAILABLE



## THE BODYSTAT®1500

Advanced whole-body composition analysis gives your members what they are increasingly demanding: a much deeper level of understanding of their core cellular health! The unprecedented growth of the health and fitness industry is predicted to continue growing, and the Bodystat 1500 fills the void between customer expectations and traditional, unreliable body measurement devices.

The scientific assessment and monitoring of an individual's state of health is now an essential part of medical research, general medical practice, fitness assessment and sports training programs. Body weight alone no longer provides an accurate indicator of health status. Rather, body composition - the proportion of lean and fat in the body - has become one of the key health indicators.

BIA (bioelectrical impedance analysis) offers superior lean/fat measurements that override the failings of traditional BMI (Body Mass Index) readings and give serious fitness fanatics genuine results that take into account muscle, water and fat in the measurement of their core health.

The Bodystat®1500 provides comprehensive reports and analysis on all this:

- + Body fat percentage and fat weight
- + Lean (fat-free) mass
- + Dry lean weight
- + Total body water in percentage and litres
- + Normal ranges for body fat, lean, total weight and water
- + Basal metabolic rate (BMR)
- + BMR/body weight
- + Average daily calorie requirement
- + Body mass index plus normal range
- + Waist/hip ratio.



### BODYSTAT® PRINTER

- + Portable thermal printer fitted with Bluetooth offering immediate off-site print out of results.
- + Battery operated and light-weight.

- + Suitable assesment for **adults** from 18 years upwards
- + Portable and battery operated
- + Bluetooth for downloading directly to software
- + BIAS Body Manager software available
- + Colour trending graphs to track progress
- + Health report and cardiac risk assessment
- + The most advanced body composition technology from one of the world's leading developers of bio-impedance analysis (BIA) technology
- + Backed by more than 65 years collective experience in BIA and fitness assessment.

## BODYSTAT®1500 SPECIFICATION

| MEASUREMENT               |  |
|---------------------------|--|
| Technology                | Bio-Impedance Analysis (BIA) Lock-In Signal Conversion Technology  |
| Impedance Measuring Range | 20 - 1300 ohms   |
| Accuracy                  | Impedance 2-3 Ω  |
| Test Current              | 200 Micro-Amps R.M.S. (Root Mean Square)   |
| Frequency                 | 50 (KiloHertz)   |
| Calibration               | A calibrator is supplied for independent verification from time to time.   |
| Configuration             | 2 lead wires (removable)   |
| Computation Time          | 3 seconds  |
| PC Communication          | Bluetooth wireless interface   |
| GENERAL                   |  |
| Operating Temperature     | + 5 °C to + 40 °C  |
| Storage Temperature       | 0 °C to + 60 °C  |
| Relative Humidity         | Less than 70% R.H. (relative humidity) up to +60°C non-condensing. It should not be used in an area where condensation could form on the inside of the unit housing.   |
| Atmospheric Pressure      | 860 hPa to 1060 hPa  |
| Internal Power Source     | Duracell MN1500 alkaline batteries, 6 x AA (LR6) 1.5v non-rechargeable   |
| Dimensions                | 185mm L x 115mm W x 38mm H (7.28" L x 4.53" W x 1.50" H)   |
| Weight                    | Unit weight - 441 grams  |
| Low Battery               | Displays a warning when the battery power is low and needs replacement. If the unit has been switched ON and no data has been entered for 60 seconds, an alarm signal sounds to warn that the unit is still on and that battery power is being utilized. Automatic shut off if left unattended for 15 minutes. |
| Service                   | There are no servicable parts other than the need for periodic battery replacement.  |
| Quality Standards         | Manufactured to strict ISO 13485:2003 quality standards. Fully accredited by the Medical Devices Directive (MDD) with it's CE0120 marking and for EN60601, also FDA cleared.   |

# EASY TO USE, INSTANT RESULTS & NON-INVASIVE

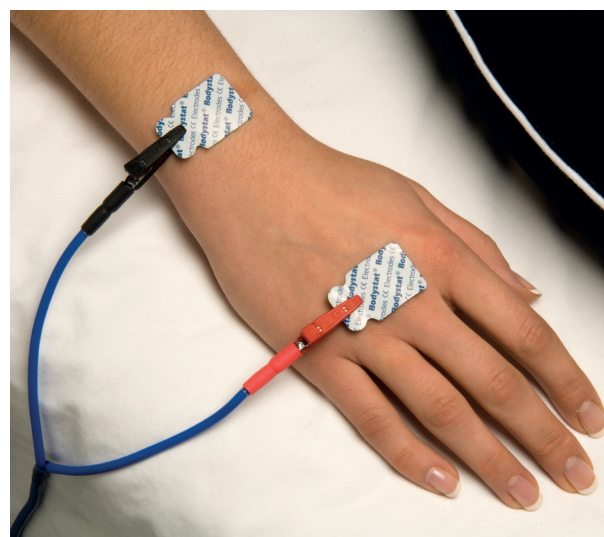
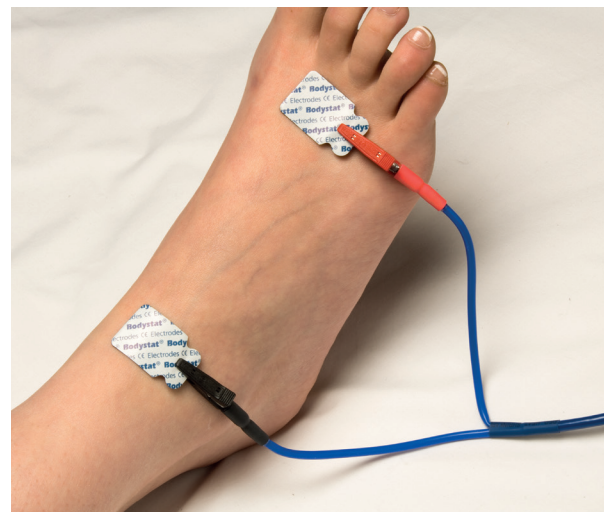
# NOW YOU CAN OFFER EVEN MORE!

Our new advanced software upgrade is now available, offering even more benefits to you and your members. For existing Bodystat 1500 users, please contact us or your distributor for details on upgrading. For new clients, the software is also available for purchase with your Bodystat 1500 device.

## USING YOUR BODYSTAT®1500

Using your Bodystat 1500 couldn't be easier – no training is required and the whole process is completely non-invasive, an important point for the person being measured. The Bodystat 1500 has two main cable leads of which each lead has two crocodile/alligator clips, red and black. These clips are attached to the exposed tabs on the electrodes. The subject's gender, age, height, weight and optionally, activity level and waist/hip measurements are entered using the three keypads.

It works by passing a safe battery generated signal through the body and measuring the bioelectrical impedance at a fixed frequency of 50 kHz. Once the test has been performed a complete body composition analysis is displayed on the LCD screen within three seconds comprising body fat, lean body mass, total body water and optimal ranges. Metabolic rates, BMI and waist/hip ratio are also displayed on the LCD screen.



"The goal is to foster improvements in global health by using scientific advances for the prevention, early detection and treatment of disease. Only 5% of medical people pay attention to early detection. If you could increase that 5% to 30%, it would extend lives, lower costs and do all sorts of things." *(Financial Times, Wealth Quarterly, June 29, 2007)*

### The problem with weight-only measurements:

An increase in extracellular water and a decrease of body cell mass cannot be detected in overall weight, even if fat free mass changes OR there is no change in the overall body weight.

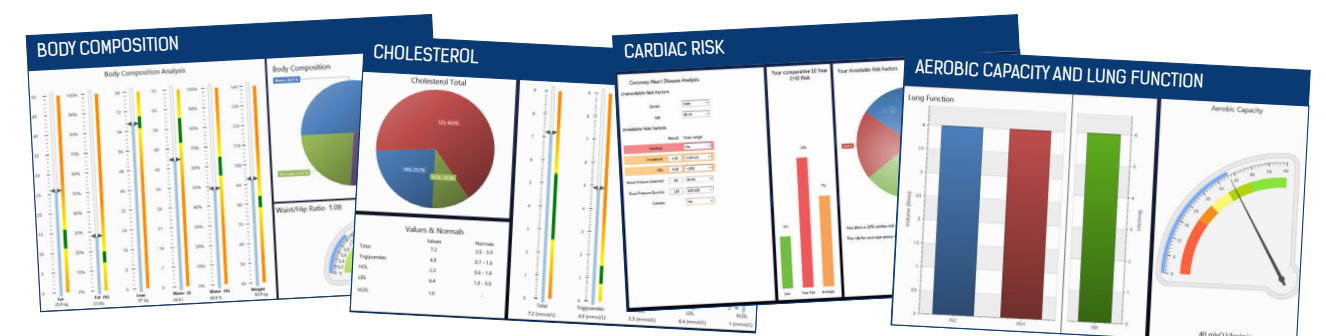
Unless you are measuring the separate components of weight (e.g. lean, fat and water) you or your client might actually be losing lean and the overall weight is masked up an increase of body water.

Measuring dry lean is more important than measuring lean, since dry lean is separate from any changes in total body water.

## BIAS BODY MANAGER SOFTWARE

This program is ideal for use when subsequent repeat tests are performed on the same individual to track changes in body composition, health and wellness status. The BIAS BODY MANAGER program includes four main features:

- + **Body Composition** – providing detailed analysis of the whole body. These reports comprise the Body Composition Professional and Body Composition Simplified Reports.
- + **Trend Reports** – tracks results over a period of time to track change and monitor progress. The graphs are clear, in colour, and provide a visual for clients on which to base their efforts.
- + **Health Report** – Based on the Framingham Study, this gives a general health report including smoking, diabetes, blood pressure and cholesterol. This then allows 'what if' scenarios with your clients, accurately predicting the benefits of giving up smoking, reducing cholesterol etc. This gives the client an immediate incentive to achieve the positive results, thereby helping the professional motivate and retain clients.
- + **Weight Loss Report** – This unique program enables selection of varying intensity exercises and their duration, calculating the calories burned and the number of weeks required to achieve target weight.





## ABOUT BODYSTAT

Bodystat Ltd, based on the Isle of Man (British Isles), has been established since 1990 and is a registered ISO 13485:2003 company. We specialise solely in BIA Technology and are dedicated to expanding the knowledge of this to improve health and well-being. We have an extensive range of research papers (available on our website) dedicated solely as non-commercial, free materials for educators.

Our devices are manufactured in Europe, made to the highest specifications and use only the best electrical components. The high quality of our devices ensures accurate results that are both reproducible and reliable.

### Bodystat Limited

Ballakaap • Ballafletcher Road  
Cronkbourne • Douglas  
Isle of Man • IM4 4QJ • British Isles

Tel: **+44 (0) 1624 629571**  
Fax: **+44 (0) 1624 611544**  
Email: **info@bodystat.com**  
Web: **www.bodystat.com**

