

HealthScan

HealthScan is an exciting service offered by the Institute of Sport at the University of Wolverhampton.

HealthScan offers total body composition analysis clinics. The use of state-of-the-art dual energy X-ray absorptiometry (DXA) bone density scanning technology with a wide range of applications allows for detailed assessment of:

- overall body fat composition including visceral (internal) fat
- anatomical information surrounding muscle composition
- bone mineral content measurements including bone mass density





Use with elite sports people

HealthScan results enable the referrer to effectively manage the condition and wellbeing of the individual sportsperson by allowing the optimal body composition for the individual and activity to be reached in order enhance performance. This may also provide invaluable data on which to base other sport science and coaching interventions and/or underpin others services provided by the Institute of Sport.

Total body composition can assist in the rehabilitation of sportspeoples' training programmes to build muscle, lose fat or both. HealthScan is able to provide either a whole body composition report or a full bone density report, with additional bone density reports from the hip and lumbar spine to assess the risk of osteoporosis.

HealthScan provides a quick and efficient means of scanning undertaken by friendly, qualified and experienced staff.

For more information and bookings call: **01902 321 120** or email: **healthscan@wlv.ac.uk** or visit: **wlv.ac.uk/healthscan**

