

# More than skin deep

Not seeing results? There is a smarter way to track your progress.

**W**hen you're trying to lose weight or gain muscle mass, sometimes the bathroom scales just don't cut it. After all, the number on the scale tells you little about whether you're losing fat, losing muscle or making any gains. What you really need is a more in-depth analysis that can give you accurate data that you can use to track your progress and see if what you're doing is actually working.

Enter Body and Bone, a clinic in Sydney's eastern suburbs that offers a variety of services to help people reach their goals. As well as massage therapy and nutrition consultations, Body

and Bone offers an in-house and mobile DEXA scan service. DEXA (dual energy x-ray absorptiometry) was originally developed to measure bone density. But it can also offer accurate measurements of your body composition.

"It looks at how much muscle and fat you have - not just your total weight," says Rhys Tozer, exercise scientist and clinic manager at Body and Bone. "The results you get not only give you a body fat percentage, it will determine how much fat you have in each area of the body."

A DEXA scan can also show you your overall lean muscle mass, muscle distribution throughout the body and any imbalances.

Follow-up scans can show you whether or not your training program is working.

So if you want to track changes with your fitness or health - whether it's to determine where you are at a baseline level or to track your progress while following a new exercise or diet program - a DEXA scan is the gold standard measurement.

## Measure of success

Body and Bone has a variety of clients from different backgrounds - from average Joes and Joannes who want to shed a few kilos to professional athletes whose trainers are looking to get that extra edge. Athletes rehabilitating from injury also use DEXA scans to measure muscle imbalances and to see which areas need more work.

"We get a lot of people from the general public," says Tozer. "We also get very active individuals such as bodybuilders; we get celebrities and we get pro athletes - at the moment we're doing scans for the South Sydney Rabbitohs and the NSW Waratahs."

While top athletes have experienced trainers to interpret their DEXA results, regular clients aren't left to decipher their results on their own.

"When people come to us for the first time, it doesn't matter if they don't know where to start," Tozer says. "The first thing we do is help them understand the make-up of their body composition, but more importantly, what goals they want to achieve. We help people set goals and we give advice and guidance based on those goals."

"Our clients want to get professional advice - not just from personal trainers or staff at the gym - they want a university-qualified exercise scientist who will actually give them real advice that is

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*Healthy ranges of body fat vary from between 14-20% for men. More than 25% is considered to be unhealthy.*

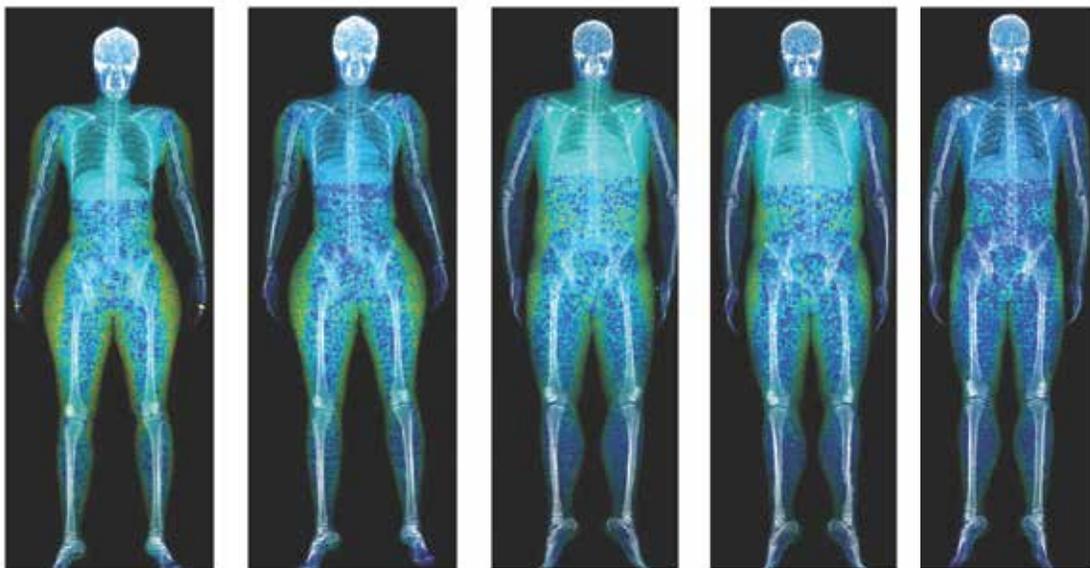
scientifically-based and not just a fad."

## The right advice

With their in-house DEXA service and mobile DEXA van, Body and Bone are helping Sydneysiders reach their goals by providing accurate insight into their body composition, as well as offering individualised advice that gets results. And for Tozer, seeing his clients reach their goals is the most motivating part of his job.

"Especially people who come in and say, 'I've always had fat around my stomach - I just can't lose it, it's just always there'," he says. "People accept it as the norm but it's usually not the case. They've usually got the wrong advice, or they have tried things in the past that haven't worked so they've given up."

"We can show people that you actually can make those changes. Of course, every individual is different, everyone's metabolism works differently, so we like to get to know the person individually to help with their goals and look at specific things that would be applicable to them, rather than generic guidance - not everyone gets the same results from doing the same things."



Body and Bone use InMed DEXA systems ([inmed.com.au](http://inmed.com.au)) For more info, head to [bodyandbone.com](http://bodyandbone.com)