

BodyScript™ Ascend Body Composition Analyzer: Exercise Intelligence for Today's Innovative Facilities

Patented Technology Assures Gold-Standard Accuracy in a Convenient 10-Second Test



BodyScript mobile app provides immediate progress feedback and motivation.

As the fitness industry works to recover from the COVID-19 pandemic, innovative operators enhance the ability to grow their business with BodyScript near-infrared assessment technology. The Centers for Disease Control and Prevention reported 30% of adult COVID-19 hospitalizations in 2020 are attributed to obesity; from 2000 to 2018, adult obesity rose from 30.5% to 42.4% along with obesity-related conditions such as heart disease, stroke, type 2 diabetes and certain types of cancer – among the leading causes of preventable, premature death. Organizations committed to improving health and fitness, including among vulnerable populations, require accurate body composition analysis, the means to track progress and measure outcomes.

With a unique medical fitness model, Power Wellness, headquartered in Lombard, Illinois, is the nation's largest fitness management company serving healthcare, university, and municipal

clients through their proprietary MyFitRx™ medically-integrated prescriptive fitness programs. The Power Wellness mission is to improve physical activity, overall fitness and extend quality of life under the supervision of degreed and certified fitness specialists. Every aspect of the Power Wellness experience supports a seamless process toward health improvement.

“Each medically-integrated facility we manage has a medical advisory committee to guide, adapt and promote programming based on specific community needs,” shared Keith Edic, Power Wellness Senior Director of Medical Integration. “Individuals are referred by their healthcare provider and enter into one of ten 8-week MyFitRx pathways to address their health risk, chronic disease, recovery or to help manage on-going medical conditions. We are passionate about progress and our personalized approach.”

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“Matching the gold-standard of measuring body fat accuracy and the safety of near-infrared technology, BodyScript 10-second body composition analysis is totally simple for people to use,” Keith said. “The intuitive BodyScript mobile app would enable them to see progress instantly, providing immediate feedback and motivation that empowers them to take control of their wellness. BodyScript assessments would become an integral part of each person’s routine allowing us to collect essential data and manage better outcomes. We look forward to BodyScript assessment helping the industry in many ways and will be a major component of our future plans.”

The BodyScript Ascend standing analyzer features patented technology and a simple 10-second test using a self-sanitizing light wand applied to the bicep. Measurements include body fat percentage, weight of body fat, 3-fat analysis (weight of essential body fat, reserve body fat and excess body fat), muscle mass, lean body mass, body mass index (BMI), metabolic rate (BMR), and

total water. Results are scanned using the BodyScript mobile app with data easily transferred to an authorized health provider.

BodyScript 3-fat breakdown values were established during extensive research in partnership with the Metropolitan Life Insurance Company (MetLife). Over the course of the 15-year study, thousands of clients using BodyScript near-infrared technology were evaluated to establish the top cut-off for reserve fat, where excess fat begins and increased rates of early mortality are observed.

The accuracy of BodyScript near-infrared technology is equivalent to hydrostatic underwater weighing or non-invasive DEXA bone density scans.

Unlike widely-used bioelectrical impedance devices, BodyScript tests may be conducted anytime without removing clothing or shoes and without any pre-test exercise, food or beverage restrictions. BodyScript measurements are encoded in the digital QR code displayed on the BodyScript touch screen. Users scan and track results with the free BodyScript mobile app. No Bluetooth or network connections are required. BodyScript mobile app scanning and tracking features may also be integrated into facility business mobile apps.



Ascend light wand self sanitizes with UV technology after each use.



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BodyScript testing is ideal for everyone from fitness enthusiasts to the aged and underserved communities who benefit most from health risk assessments and wellness guidance. Near-infrared technology measures body fat using a computerized spectrophotometer with solid-state optics. This method uses the principles of light absorption and reflection to analyze body fat based on light in the near-infrared spectrum. In this range of the spectrum, organic constituents such as body fat, muscle, and water content have a unique optical signature.

In contrast to near-infrared measurements, bioelectrical impedance analysis (BIA) devices measure body water percentage and calculates percent body fat based off the body water result. Body water and body fat are highly-correlated, however, percent body water fluctuates significantly throughout the day. Near-infrared measurement of body fat measures percent body fat directly and calculates total body water based off the results for the percent body fat measurement. BodyScript near-infrared measurements have no hydration protocol restrictions or limitations on when assessments can be done. Accurate, repeatable measurements are available any time of the day.

For more information on the BodyScript Body Ascend Composition Analyzer, visit BodyScript.com or call (800) 427-4470.

For more about Power Wellness consulting, management and development, visit PowerWellness.com.

MYE Fitness Technologies is the industry’s largest and most trusted global provider of fitness audio, visual, wireless and health tracking technology including the AppAudio Smartphone TV Audio app, the BodyScript body composition analyzer, Cardio Machine TVs, Cardio Theater style TV Audio receivers and transmitters, the Direct Connect and Wireless CableSAT Channel Changer.