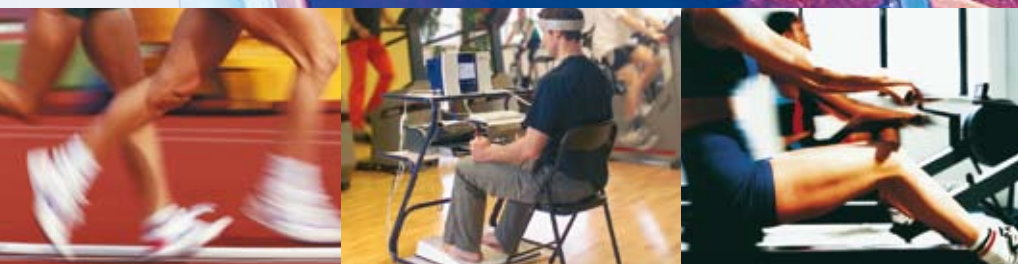
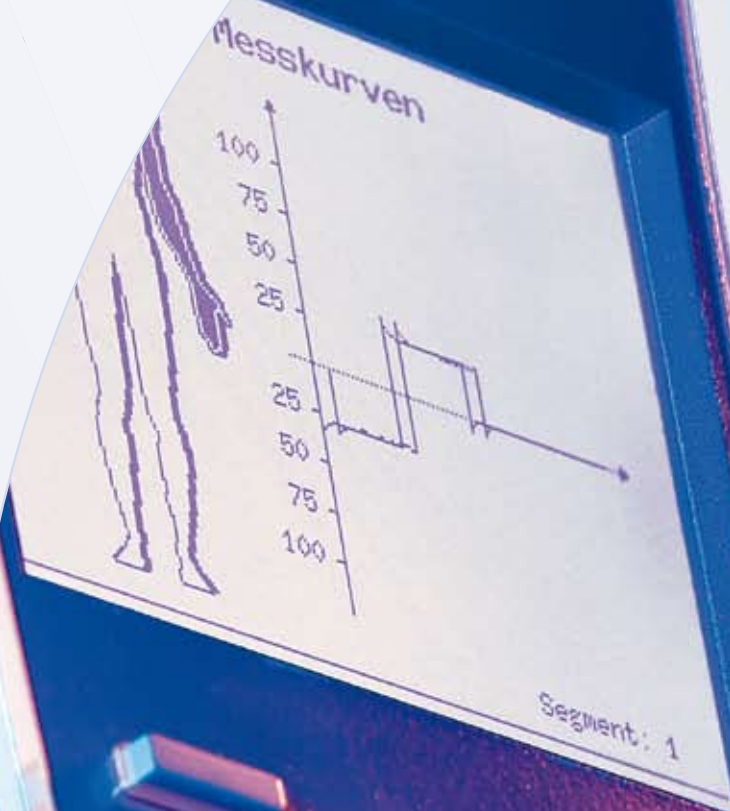




*Fitness Check taken to new levels  
in the areas of  
sports, fitness and wellness*





## Competent supervision

Each person is unique, in sports as well. Fitness trainers are challenged to put together an optimum training program for each trainee (whether for leisure, health or professional sports) that promotes health and prevents injury: not an easy task. But now there's competent support for training supervision.

*prefit® bodyscan – constitutional muscle analysis, determination of optimum training time, individualized fitness and dietary tips*

## For all-around healthy training

The prefit® bodyscan is the ideal co-trainer for training supervision in the fitness studio, at the physiotherapist, for a sports team or at the wellness oasis. With one quick measurement, this handy device records the athlete's important training data and provides individually-tailored training recommendations that take into account the trainee's prior stress and injury record, thus making training healthier, safer and more effective.

Feri Bogdan, here with tennis legend John McEnroe at the DEICHMANN ATP Champions Trophy 2005



**Feri Bogdan**  
Physiotherapist

"In my daily work with top athletes, I rely on the meaningful results of the prefit® bodyscan."





# WHAT CAN PREFIT<sup>®</sup> BODYSCAN DO?

**The name says it all:**

**The device “scans” the athlete’s body,  
registering its reactions and weak points.**

**Evaluation of the measurement results is  
completely automatic.**

## **Constitutional muscle analysis**

Weights used too heavy? Neck and back muscles stiff from office work? The prefit<sup>®</sup> bodyscan ferrets out those strained muscles and weak spots in the joints and spinal column, displays them graphically and recommends the appropriate training program.

## **Optimum training time**

What time of the day is the body ready for training? Traditional Chinese Medicine (TCM) teaches that the human body alternates between rest and active phases. In the active phase, the muscles respond extremely well to training; in the rest phase, they are quite sensitive and injury-prone. prefit<sup>®</sup> bodyscan registers the athlete’s status and calculates the optimum time of day for training.

## **Fitness and dietary tips**

Forgot rest periods while training? Ate too much high-protein and too little high-fiber food? Is the body getting enough fluids? Based on the whole-body function measurement, prefit<sup>®</sup> bodyscan determines what the body needs and where the athlete has given in to “too much of a good thing”. The individualized fitness and dietary hints tops off the training plan.





## AND PREFIT<sup>®</sup> CAN DO EVEN MORE!

### Training effectiveness

Are you a dynamic person? prefit<sup>®</sup> bodyscan ascertains the athlete's dynamics (i.e. the body's ability in training to quickly access the available energy reserves). This ability is the basis of effective training. Based on the dynamics value, the trainer can determine how demanding the training plan should be.

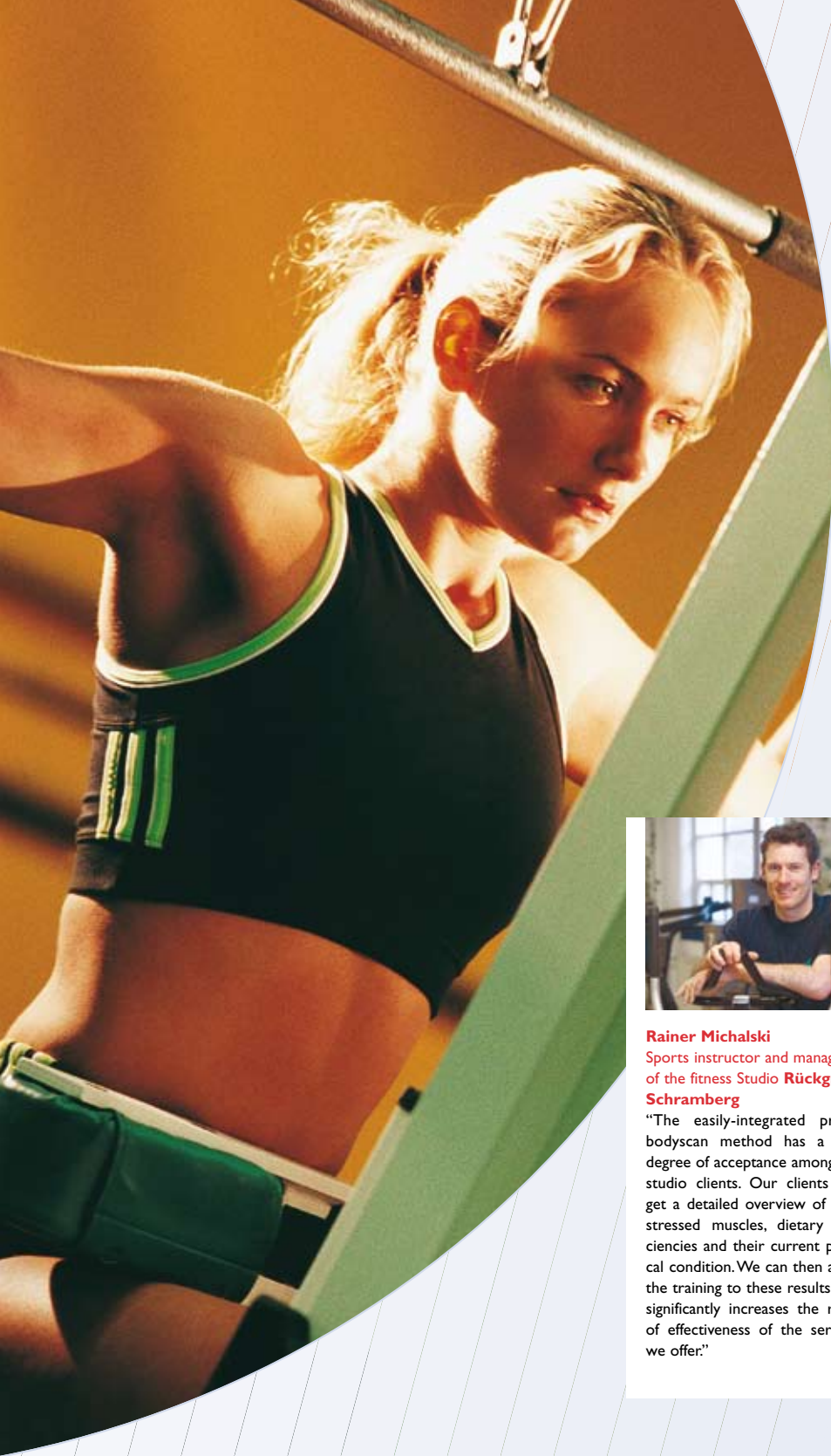
### Acid/base balance

Are you acidic? Hyperacidity increases the risk of injury and often leads to a break in training. The accumulation of acids in the organism might be due to poor dietary habits. Also, an adequate hydration helps maintain acid/base equilibrium.

prefit<sup>®</sup> bodyscan measures whether the body has a tendency to hyperacidity.

### Body Mass Index (BMI)

Too fat, too skinny or just right? The BMI describes the relationship between body weight and height, and serves internationally as a rule of thumb for determining over- or underweight. prefit<sup>®</sup> bodyscan calculates the BMI and modifies its training recommendations accordingly if the trainee is over- or underweight.



**Rainer Michalski**  
Sports instructor and manager  
of the fitness Studio **Rückgrat  
Schramberg**

“The easily-integrated prefit® bodyscan method has a high degree of acceptance among our studio clients. Our clients first get a detailed overview of their stressed muscles, dietary deficiencies and their current physical condition. We can then adapt the training to these results. This significantly increases the range of effectiveness of the services we offer.”

### **Determining the optimum training pulse rate**

At what pulse rate does the body burn fat? Which range maximizes endurance? prefit® bodyscan individually determines the optimum range of the training pulse frequency.

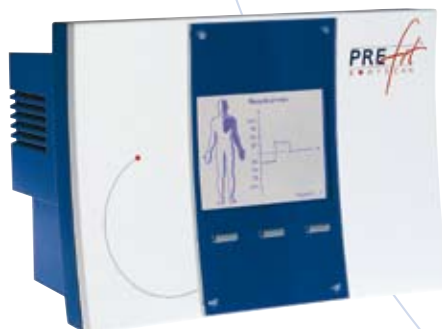


### **Quick, capable, individualized**

Being fit is in: about five million Germans train regularly in fitness studios. People are getting more and more demanding and, when doing their training, they attach great importance to health.

Health and safety are also top priorities in caring for professional and team athletes – with the physiotherapist's services being the link between the special fields of sports and medicine.

Chock-full of know-how, prefit® bodyscan can be integrated smoothly into any sports, fitness or wellness establishment. It needs very little space and is very easy to operate. A measurement takes only ten minutes. Thus, an optimum individualized training plan can quickly be drawn up for each athlete.



With the prefit® bodyscan, you demonstrate competence in health matters and offer your clients an exceptional service. The easy-to-understand training and dietary recommendations are printed out so that the athletes can take them home to re-read without excitement. The athletes thus have a good feeling of being comprehensively taken care of and staying fit and healthy. And satisfied customers come back again willingly.



## **Benefits for the fitness studio**

- Individualized determination of the optimum training plan for each athlete
- Time-saving complement to your standard fitness check
- Recognition of muscle problem zones
- Reliable basis for dietary consultation
- More breadth and competence in your range of services offered

## **Benefits for the physiotherapist**

- Recognition of muscle problem zones
- Additional information about the patient's physical resistance
- Check-up on therapeutic results

## **Benefits for the team**

- Individualized determination of the optimum training plan for each athlete
- Recognition of muscle problem zones
- Optimum care & supervision of team members
- More competence for safe and healthy training

# HOW DOES PREFIT<sup>®</sup> BODYSCAN WORK?

## From the medical experts

## for the fitness experts

wegamed gmbh, headquartered in Essen, is a leading producer of holistic diagnostic and therapeutic devices. The company's decades of experience and medical expertise can now benefit sports and fitness enterprises as well.

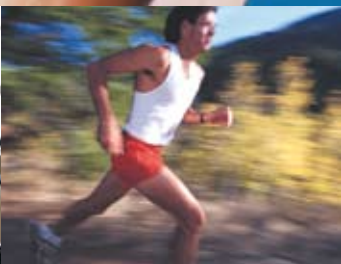
The prefit<sup>®</sup> bodyscan method of training care and supervision was developed and tested in collaboration with professional sports teams such as AC Milan, sports physicians, physiotherapists and fitness studios. In the whole-body function measurement, six electrodes are attached to the athlete's feet, hands and head. Gentle 13Hz pulse currents are applied to the body via the electrodes – completely painless and bloodless, of course. prefit<sup>®</sup> bodyscan then measures and evaluates the body's reactions to these pulses.



**Jean Pierre Meersseman**  
Head of medicine of the  
AC Milan soccer team

"The whole-body function measurement identifies, at regular intervals, the training condition of our players. With these results as a guide, a customized training plan is drawn up for each player. This significantly reduces the risk of injury and greatly increases training effectiveness."







Official Supplier A.C. Milan Lab



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