

Hello!

I'm Lydia, you're Pharmacy Wellbeing Service's Mental Health and Wellbeing Coach!

We have some BIG news coming this New Year and we're sharing it all with you right now!

The Pharmacy Wellbeing Service is introducing the new Boditrax machine to ALL pharmacy staff AND their family members... FOR FREE!

We are committed to helping pharmacy wellbeing, and in order to support you as best we can, we've decided to give you the chance to use state-of-the-art technology for body composition and activity tracking.

It helps you understand the strengths and weaknesses of your own body, in order to help you decide what you can do to improve your health, fitness and general wellbeing, putting YOU in control. The information provided can help you and your coach figure what might be the best steps for you going forward by knowing which areas to concentrate on and set specific goals to help you track your progress.

Baseline

Age

Height

BMI

Ideal body weight

Impendence (quality of reading)

Composition

Fat percentage and mass

Muscle percentage and mass

Bone percentage and mass

Results

To show how you are shaping up.

Basal Metabolic Rate (BMR)

The minimal level of calories your body needs to function effectively daily.

Basal Metabolic Score

Identifying the body's ability to burn the fuel you take on board daily.

Muscle Score

Showing the amount of muscle in the body.

Visceral Fat Rating

Fat which sits around the vital organs, low VFR is believed to reduce the risk of diseases such as heart disease and blood pressure.

Degree of Obesity

The percentage you are away from your ideal weight as calculated from your BMI.

Metabolic Age

Identifying the most common age of a person with your stats.

Focusing your training

You'll discover where things like fat is higher and muscle is lower, this can help individualise your goals.

Goals

Setting realistic goals helps give focus to your training.

Tracking

Your readings will help you track your goals consistently!

If you would like to use our new Boditrax machine and want support with your health and lifestyle goals, visit our website or contact us on 0800 9177752 and ask for the Pharmacy Wellbeing Service!

[Pharmacy Wellbeing Service - YOURhealth: Delivering positive health outcomes. \(nhs-health-trainers.co.uk\)](https://nhs-health-trainers.co.uk)

Thank you pharmacies,

Lydia

Mental Health and Wellbeing Coach