



**BODY**•SPEC

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**Helping First Responders  
Get Healthier**





**The first time someone sees their BodySpec scan is the first time they know what's truly going on under their skin.**

Seeing that information elicits a visceral response – curiosity, fascination, and a deep sense of determination to move those numbers in the right direction.

For first responders, our scan is also an effective assessment tool that helps improve job performance and reduce injury risk.



**BodySpec** offers a 10-minute DEXA whole body scan that provides actionable, personalized information to help people get healthier.

With our fleet of scanning vans, we scan at gyms, workplaces, public parks, health fairs, and hospitals.





**The ability to safely perform functional movements – such as lifts, pushes, pulls, and carries – allows first responders to effectively serve their communities and save lives.**

BodySpec screens each person for unseen physiological risks that impede functional movement and increase chances of on-the-job injury.





**First responders must be prepared to spring into physical action, often with little or no warning. Physical fitness is critical to job performance.**

BodySpec's scan delivers a quick and accurate body composition assessment for physical requirements, as well as built-in progress tracking for conditioning, weight loss, or other fitness goals.



**BodySpec has a proven success record of helping workplaces build stronger communities around health.**

For first responders, fitness program participation provides not only performance improvements, but also significant stress relief and mental wellness benefits.





## Success Story

### Glendale Police Department

For the past three years, BodySpec has helped the Glendale Police Department in California improve the culture of the station around health and wellness.

A volunteer wellness coordinator organizes fitness challenges three times a year, to encourage fellow officers to adopt sustainable lifestyle changes. BodySpec typically sends multiple vans each time to accommodate the interest and to cover different shift schedules.

During our first visit in 2018, we scanned 24 officers. Since then, interest and participation has more than doubled! These days, we scan around 60 officers each time, many of whom are now longtime clients looking to check ongoing progress.

Glendale PD credits BodySpec with generating not just excitement, but also higher adherence to the fitness programs. Even officers that aren't actively participating in the fitness challenges try to squeeze in for BodySpec scans - and best of all, they get motivated to sign up for the fitness challenges next time!



## Community-Tested Community-Approved

We build mutually beneficial long-term partnerships with our host locations, to make better health accessible to everyone - regardless of who they are.





## **We're dedicated to safety for everyone.**

Supervised by licensed medical professionals, BodySpec has been proactive about implementing COVID-19 safety procedures that meet or exceed local and national guidelines, including:

- Masks required for all employees and recommended for clients (as of June 15, 2021)
- Side and rear windows and doors open during van operations, facilitating maximum airflow
- Contactless client experience from start to finish
- Disinfecting with EPA-approved and hospital-grade disinfectant between every client
- Email results delivery and remote phone consultations

**Working with BodySpec is easy and affordable! We travel to you in our vans. Scans start at \$39.95 each, and are HSA/FSA eligible.**

**Schedule a demo and try it out!**  
We'll scan 3 people at no charge.  
All we need is a place to park!

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