Fit3D Wellness Metrics

Body Shape Rating (BSR)

Fit3D extracted SBSI,, ABSI, Trunk to leg volume ratio, body fat percentage, and BMI from more than 26,000 scans. Fit3D then evaluated the correlation between each algorithm and calculated the weighted values for the health risk outcomes based on the overall Fit3D user population. This results in a Body Shape Rating (BSR). A user can then understand how their body shape wellness compares with the rest of the Fit3D population.

Ways to Improve

The primary way to improve your BSR is to increase the density of your body, build the muscle in your legs, and decrease your waist circumference.

This can be done through a balanced mix of good nutrition and exercise. Consult with your trainer, nutritionist, coaches, or doctors to set up a plan.

ABSI

A Body Shape Index (ABSI) is a simple way to evaluate total body shape to avoid health and wellness risks associated with obesity. ABSI is a factor of the roundness of the waist and is associated with Body Mass Index (BMI) and height. The lower this number is, the better.

Ways to Improve

To most improve your ABSI, you can either keep your waist circumference value steady and increase your weight or keep your weight steady and decrease your waist circumference. For the most aggressive ABSI improvement, you would want to reduce your waist circumference while increasing your mass. For example, you can make your body leaner or more muscular while maintaining the same weight..

SBSI

Surface-based Body Shape Index (SBSI) is a more complex way to evaluate total body shape. It is used to avoid health and wellness risks associated with obesity. The lower your SBSI score, the less likely you are to suffer early health and wellness-related risks associated with obesity. SBSI compares the amount of mass in your torso to amount of mass in the rest of your body.

How to Improve

To best improve your SBSI, you will want to establish a program to decrease your waist circumference without sacrificing body surface area (BSA). For example, you will want a program that redistributes mass in your body away from your waist and towards your chest, shoulders, arms and legs which should hold your BSA relatively steady.

Trunk to Leg Volume Ratio

Trunk to Leg Volume ratio compares the volumes of your trunk with the volume of your legs. This can generally only be done with some type of body scanning, whether it be Fit3D or more costly and complex scanners like DXA or MRI. Research claims that having a high percentage of your body's volume in your torso compared to your legs increases the likelihood of you experiencing prediabetics, diabetics, high triglyceride (fat) counts, high blood pressure, metabolic syndromes, and other severe health complications.

Weight in your mid-section is highly correlated with visceral fat, which is the unhealthy fat around your organs. If you have a big belly and smaller legs, it is a good assumption that your weight is centered around your midsection and is therefore visceral fat.

Ways to Improve

This formula is dependent on volume, not weight. The overly simple way to improve your Trunk to Leg Volume score is to decrease the volume of your midsection and incease the volume of your legs.

Body Fat Percentage (BFP)

Through research partnership with public and private institutions, Fit3D has scanned thousands of people with Fit3D and DXA systems side by side. Fit3D has subsequently created algorithms that utilize hundreds of measurements automatically extracted from these body scans to calculate a user's body fat percentage.