

BODY INSIGHT



Know your body like never before

India's most trusted mobile DEXA scanning service. Medical-grade body composition analysis – delivered to your doorstep.

15,000+

Scans done

100+

Organizations

6 min

Quick scan

TRUSTED BY



OFFICIAL BCCI PARTNER

We scan Team India

Body Insight is the official DEXA partner of the BCCI. When the board made body composition scans mandatory for Indian team selection in 2023, they chose us to deliver them.

"The data will be uniform and cannot be manipulated like skinfold measurements. DEXA gives us the complete picture."

— BCCI Strength & Conditioning Team

"Body Insight has been instrumental in providing us crucial information before some big tournaments."

— Soham Desai, Lead S&C Coach, Indian Cricket Team



Same team that scans Team India

Identical equipment, protocols, and reporting standards



Trusted by RCB, LSG, SAI, Hockey India

India's top sporting organizations rely on us



BODY INSIGHT

THE PROBLEM

Your scale is lying to you

Weight and BMI hide what actually matters. Smart watches and BIA scales fluctuate 5-15% based on hydration alone. You can't manage what you can't measure accurately.

What you're missing today

A person weighing 70 kg could be metabolically healthy or pre-diabetic — weight can't tell you. BMI labels muscular athletes "overweight" and misses dangerous visceral fat in "normal weight" individuals.

What DEXA reveals

DEXA uses two low-dose X-ray beams to map fat, lean tissue, and bone with **±1% accuracy** — region by region. Used by BCCI, Olympic centres, and research institutions worldwide.

WHAT'S HIDING INSIDE**Visceral Fat**

#1 predictor of heart disease and diabetes. Dangerous levels hide at "normal" weight.

**Bone Density Loss**

1 in 3 women over 50 suffer fractures. DEXA detects it years before symptoms.

**Muscle Imbalances**

Left-right asymmetry increases injury risk. DEXA maps every limb and trunk.

**Sarcopenia**

3–8% muscle lost per decade after 30. DEXA tracks lean mass for early action.

**Metabolic Slowdown**

Crash diets burn muscle, not fat — silently tanking your metabolism. DEXA catches it.

**Skinny Fat**

Normal weight but high body fat. Invisible to scales, visible to DEXA in seconds.

SEE THE DIFFERENCE

Not all body measurements are created equal

CAPABILITY	DEXA	SCALE	CALIPERS
Accuracy	✓ ±1%	✗ ±5-15%	✗ ±4-20%
Regional fat	✓ Full map	✗ Total only	✗ Select sites
Visceral fat	✓ Direct	✗ Estimated	✗ None
Bone density	✓ Clinical	✗ None	✗ None
Muscle L/R	✓ Per-limb	✗ None	✗ None
Sectional analysis	✓ 6 regions	✗ None	✗ None
RMR / Macros	✓ Accurate	✗ Estimated	✗ None
Hydration proof	✓ Yes	✗ No	✓ Yes

DEXA is the gold standard used by BCCI, hospitals, and research institutions worldwide

BUILT FOR EVERYONE**Fitness Enthusiasts****MOST POPULAR**

See real body recomposition the scale hides.

**Athletes & Teams****USED BY BCCI, RCB, LSG, SAI**

Elite-level performance tracking.

**Adults Over 40****EARLY PREVENTION**

Catch decline years before it's clinical.

**Women 35+****ESPECIALLY IMPORTANT**

Osteoporosis risk routine checkups miss.

**Corporate Teams****WELLNESS PROGRAMS**

The wake-up call blood reports can't give.

**Weight Loss****TRACK REAL PROGRESS**

Proof your plan is actually working.



BODY INSIGHT

MOBILE SERVICE

We bring the scanner to you

Our mobile DEXA van carries the same medical-grade scanner used in hospitals — directly to your doorstep.



Offices

Wellness days



Apartments

Group pricing



Gyms

Athlete tracking



Schools

Health programs

ONE SCAN. COMPLETE PICTURE.**28.5%****Body Fat**

Total + regional

46.2 kg**Lean Mass**

Per-limb L/R balance

5/10**Visceral Fat**

Direct organ-fat level

1.104**Bone Density**g/cm² T-score**1,680****RMR (kcal)**

Accurate resting rate

P/C/F**Macros**

Personalized targets

6**Sectional Analysis**

Arms, legs, trunk mapped

L / R**Muscle Imbalances**

Per-limb asymmetry check

Every scan includes

PDF report



AI insights



60-day plan

BEYOND BODY COMPOSITION

Your exact calorie & macro needs

Generic calorie calculators guess. We measure. Your DEXA-derived lean mass gives us the most accurate RMR possible — then we build your macros on top.

RMR

Resting Metabolic Rate

Exact daily calories your body burns at rest

Calculated from your actual lean tissue mass — not estimated from height/weight formulas. More accurate than any fitness app or online calculator.

Personalized Macro Targets

P

Protein
Build & repair

C

Carbs
Energy fuel

F

Fat
Hormones

Tailored to your body composition, activity level, and goals — whether fat loss, muscle gain, or maintenance.

Why this matters

Two people at 70 kg can have RMRs that differ by 300+ kcal/day — one could gain weight eating what the other loses weight on. DEXA removes the guesswork.

SIMPLE 3-STEP PROCESS**1****Book**

Choose your location and time online. We bring our mobile DEXA van to your office, apartment, or gym.

2**Scan**

Lie down fully clothed for 6 minutes. Painless, silent, no fasting or injections needed.

3**Understand**

Same-day report with AI insights, risk flags, and a personalized 60-day action plan.

✓ Less radiation than a flight

✓ No fasting required

✓ Fully clothed

✓ FDA-approved

HOW SAFE IS A DEXA SCAN?

Less radiation than a banana

Everything around us emits tiny amounts of radiation. Here's how a Body Insight DEXA scan compares to everyday life.

0.05 µSv  Sleeping next to someone

0.1 µSv  Eating one banana

0.25 µSv  Airport security screening

0.4 µSv  **Body Insight DEXA Scan**

10 µSv  One day of natural background radiation

40 µSv  Delhi to Bangalore round-trip flight

400 µSv  One mammogram

2,000 µSv  One head CT scan

6,000 µSv  One chest CT scan

A DEXA scan is **100x less** radiation than a single flight —
and **5,000x less** than a CT scan

TRANSPARENT PRICING**Individual Scan****₹2,999**

- ✓ Full-body DEXA scan
- ✓ Detailed PDF report
- ✓ AI insights & analysis

MOST POPULAR**Community Event****Custom**

- ✓ Mobile van to your location
- ✓ Group pricing
- ✓ Live Q&A session
- ✓ Dedicated coordinator

Sports & Corporate**Custom**

- ✓ Bulk team pricing
- ✓ Performance tracking
- ✓ Aggregate reports
- ✓ Recurring options

Let's bring DEXA to your organization

We handle everything – setup, scanning, and reports. Get in touch to discuss your needs.

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