

# Body Analysis For Runners

Taking the guess work out  
of training



## HYDRATION ANALYSIS

Are you drinking enough to meet the demands of your training?

## LEAN TISSUE ANALYSIS

Does your lean tissue to body fat ratio pose an increased risk to injury?

## NUTRITION

Find out exactly how many calories **you** need to fuel your training

## CELLULAR HEALTH

Can your nutrition be tweaked to improve the health & integrity of your cells?

## DETAILED REPORT

Receive a [comprehensive report](#) of your results to take home and keep.

# Body Composition Analysis for Runners

Preparing for a marathon is tough.

The job is made a lot harder by not knowing **exactly** what **your** nutritional needs are to suit your individuality.

We're made of different ratios of muscle and fat, which in turn influences our hydration levels - and therefore how much we need to drink to before, during and after training.

## Stop guessing.

There are of course a plethora of books, article and posts with advice on all of the above, but without knowing your body composition, all advice you'll read is merely based on "averages" and "approximations"

The marathon is more than an "average" event - so make sure your nutritional preparations are based on **fact** and **NOT** "approximations".

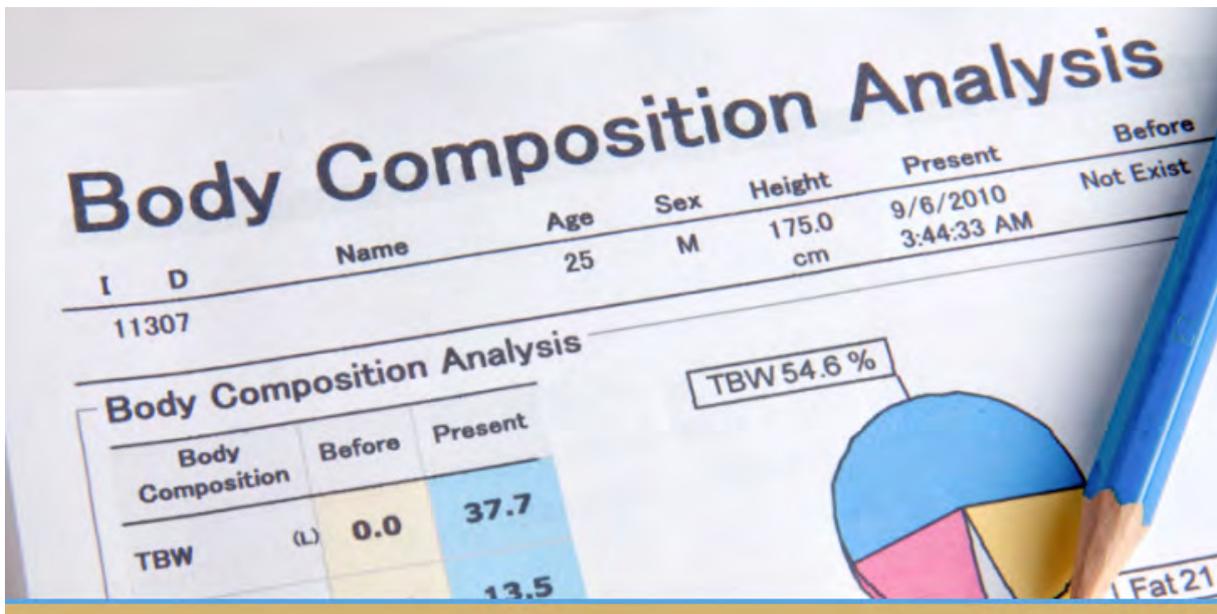
**If you are scheduled to attend a GH Training Marathon Training day put on by your Charity, [Sign up](#) for a Body Composition Analysis. Progress your training with purpose.**



## Analysis Overview

- **Hydration Analysis** - Find out your intra & extra cellular water levels so you know how much fluid you should be drinking before, during and after training.
- **Lean tissue** - What percentage of your body is muscle - find out how this can influence what your nutritional requirements are.
- **Active Metabolic Rate** - Find out exactly how many carbs you need to fuel your training demands.
- **Cellular health** - Healthy cells means a healthy body. Find out how "well" your cells are and if nutrition can help improve them.
- **Full Report** - Receive an immediate print out of your results and an optional [detailed report of your results](#).

## Sign up for a Scan.



As part of your upcoming Marathon Preparation Day, you have the chance to [sign up](#) for a full body composition analysis scan.

Performed at the beginning of the day, the scan will take approximately 10 mins (including a brief consultation) and you'll receive an immediate print out and explanation of your results.

You can choose from two options (see below) and for every scan performed, GH Training will donate £5 directly back to your Charity.

- **BASIC SCAN** - Full body scan and an immediate print out of your results - including your hydration status, body composition and cellular health.

**The cost of a Basic Scan is £30** (with £5 being donated back to the Charity)

- **ADVANCED SCAN** - Full body scan, an immediate print out of your results - including your hydration status, body composition and cellular health.

In addition you will also receive a [detailed report of your results](#).

This will be emailed to you a few days after the analysis.

**The cost of an Advanced Scan is £45** (with £5 being donated back to the Charity)

If you would like to [sign up](#) for a body composition analysis, please [click here](#) and fill out the short form. If you have any questions, please email [graeme@ghtraining.co.uk](mailto:graeme@ghtraining.co.uk)

Places are limited and will be offered on a "first come, first served" basis.