

Do you need to get fit and lose weight?
body4u will show you how. Just follow our
3 Simple Steps and we'll take care of the rest!
We Guarantee it!



Step 1... Your DNA Genetic Sports Profiling -



GeneElite is the latest in personalised fitness and nutritional assessment. Using genetic science to enhance your health and fitness program outcomes, the GeneElite test results enable you to be objective and make decisions based on your genetic profile, not guesswork. Your profile will never change – GeneElite's results will apply for the rest of your life.

Step 2... Your Body Composition, Metabolism and Bioage -



>> Body Composition

Body composition is the ratio of muscle, fat, bone and other tissues that make up our body. Body Composition is designed to measure the various compartments of the body and monitor changes to them over time.

>> Biological Age vs. Chronological Age

BioAge utilizes a variety of health and fitness parameters to come up with an individual's Biological Age vs. Chronological age result. These parameters include measurement of VO2max, Cholesterol, Blood Glucose, Blood Pressure and many more.

>> Nutrition and Weight Management

Assessment devices and nutrition based programs designed to measure parameters such as metabolic rate, calorie need and create individual dietary recommendations.

Step 3... Your Specific 'real foods' Diet Plan -



Metabolic Jumpstart program offers you clear advice and a diet plan to re-wire your metabolism and discover a new level of wellbeing. You'll surprise yourself at the results you'll achieve. In your report you will receive clear-cut figures about your weight, your metabolic rate and the diet that will be built just for you. Follow the rules for 28 days and you'll learn how to create a natural, real-foods diet that works for the rest of your life.

When you put your metabolism first, the results are automatic. Let's get started...