

Fit3D: New health device in town

Right now, we are perhaps in the middle of a health revolution within the urban population of Dhaka. New gyms are popping up left and right and the sight of early morning joggers or groups of cyclists speeding away are becoming common sights. For those who are regular gym goers and those living a bit more sedentary lifestyle, having a good knowledge about the state of one's body is very important. Indeed, it can be said that there is no such thing as too much information one can have when it comes to one's health.

However, aside from blood type, height and weight, very few people know what their bodies are made of. That is where the Fit3D comes in.

The Fit3D is a 3D imaging machine. Fast and an easy way to get a peek into the composition of your body, The Fit3D uses 3D imaging and over 400 measurements to give users an accurate and reliable estimate into their characteristics. The Fit3D can be used to measure body fat percentage (how much body fat a person contains), posture, lean mass, waist-to-hip ratio as well as a multitude of other useful factors.

The machine is already being used in a number of healthcare related industries all over the world. It is seeing extensive usage in gyms, fitness studios, health clubs, weight loss clinics as well as physiotherapy clinics.

The main benefit of the Fit3d is its accuracy and its speed. For those of us who are health conscious, it can illuminate much of the mystery beneath the skin – it can allow us to see how effec-

tively our diets and exercise regime are working, whether our posture is correct, our body fat percentage etc.

It can allow us to effectively develop an exercise programme with more information and it allows physicians to accurately gauge the health and wellbeing of their patients.

Fit3D has also been used to provide body shape health risk assessments by doctors, to track weight loss in patients, post-surgical atrophy and recovery, balance and posture, body shape during pregnancy, edema based swelling as well as capture measurements for the ready to wear and made to measure clothing companies.

It works through taking a rapid series of measurements using 3D scanning technology and is the only 3D scanner in the world developed with the express purpose of health and wellbeing. The scanning process is very simple – you simply stand still on a platform while the machine scans you. It is over within 40 seconds and the Fit3D will give you an accurate read out within moments. This personalised report can be accessed online anywhere in the world.

Recently it has been introduced in Bangladesh as Mominul Hoque, CEO of M360, a health and fitness store, located at the Police Plaza in Gulshan-1, became the first and sole distributor of this remarkable device here. With the view to make people more aware and conscious of their health and body, he decided to introduce it to here.

"When I used to work out, I faced some problems while tracking my prog-

ress. How much body fat or inches I had lost was not easy to determine. I witnessed how someone who was fit would be called unfit due to the way his body seemed even though after measuring this lean and fat mass, it would seem otherwise. That is when I learnt about the machine and decided to bring it to Bangladesh," Mominul explained as he talked about the device.

He further added how through introducing it to different gyms, hospitals and nutritionists' office, it can help one determine their body measurements accurately and understand their progress.

In collaboration with ICE Today magazine, recently M360' launched a campaign called, "The fittest model of the town" that announced the fittest models of Dhaka as they were tracked by the Fit3d machine. People who have once used this have experienced the wonderful advent of technology that has made it so easy to accurately give out so many information about a person's body and health.

M360' provides you that chance to get an authentic scan of your body, single scans starting from Tk 1500, while children can have it done for Tk 1200. There are also offers for couples and mothers-to-be with scan packs. You can also take an appointment with them where they will guide you through your weight loss.

For more information contact: M360, Shop #250(1st floor) Police Plaza Concord, Gulshan-1, Dhaka. +88-0197-1776661. facebook.com/M360bd/?fref=ts

By Mormee Mahtab

Let's run!

To promote running, Lotto Bangladesh has brought a new range of Italian designed affordable running shoes aimed towards people of all walks of life.

The shoes have aesthetically pleasing designs according to the current trend and fashion. Latest technologies have been used in the construction of the shoes, making them light-weight and comfortable. Technologies such as Punto Flex, which assists in proper flexing of the feet, and Adapto Memory Foam, which provides comfort, have been used in these shoes, making them the best partner for running.

The MIB Meet-up!



'Spring Meet-up!' of the lifestyle brand 'MIB Spirit-Made in Bangladesh' had recently been concluded. This was the ninth one since the first, which kicked off in June 2015. This time, a total of 28 brands had participated in the event, offering handcrafted jewellery, saris and apparels, accessories, crafts, baked goodies, stationery, etc.

The event took place from April 7 to April 14. There were live music sessions, sushi from TBC Express, and delectable food from Ajo café, which co-hosted the event.

On this occasion, MIB Spirit launched an array of new products in 3 different series: Studio Series, Designer Series and Student Series. The event was held at MIB Spirit Studio in Dhanmondi. For further information, visit www.facebook.com/inbangladesh1971/

শ্লিঙ্গে মিটেবে টিফিনেতে পুষ্টি দেবে কে!

ইউ এইচ টি প্রক্রিয়াজাতকৃত প্রাণ ইউ এইচ টি মিল্ক ফুটানো ছাড়াই পান করা যায় আর টেট্রাপ্যাক একে সাথে ফ্রিজ ছাড়াই সংরক্ষিত। ফলে দুধের পুষ্টিগুণ থাকে একদম অটুট। তাই পুষ্টির জন্য আমার সোনারগিকে আমি দেই প্রাণ ইউ এইচ টি মিল্ক। আপনি?

পূর্ণ নতী যুক্ত তরল দুধ