

PRESTON VIC · COACHING-FIRST TRANSFORMATION GYM

The 5 numbers that actually matter.

Your bathroom scale measures one thing: gravity. It can't tell fat from muscle, water from progress, or healthy from at-risk. These are the five numbers that tell the truth about your body — the ones we scan on day one.

1 COMPOSITION

Body Fat % — not bodyweight

You can lose 4kg of fat, gain 3kg of muscle, and the scale barely moves — but you'll look and feel completely different. Body fat % shows the change the scale hides.

▲ Trending down over weeks, while strength holds.

2 YOUR METABOLIC ENGINE

Skeletal Muscle Mass

Muscle burns calories at rest, keeps you strong as you age, and gives a body its shape. It's also the first thing crash diets destroy — which is why the weight comes back.

▲ Holding or increasing, even while fat drops.

3 THE HIDDEN HEALTH NUMBER

Visceral Fat

The fat around your organs — invisible on the scale and in the mirror, but the number most tied to long-term health risk. Two people at the same weight can sit worlds apart here.

▲ Into the healthy range, and staying there.

4 WHY CRASH DIETS BACKFIRE

Basal Metabolic Rate (BMR)

How many calories you burn just being alive. Cut food too hard and your BMR drops to protect you — so progress stalls and rebound weight piles on. Eat enough to keep the engine running.

▲ Protected or rising as you build muscle.

5 THE 30-SECOND HOME CHECK

Waist-to-Height Ratio

The simplest health predictor you can measure at home — and a better one than BMI. Divide your waist by your height; under 0.5 is the target for most adults. Start watching this one today.

▲ Waist measurement under half your height.

Stop guessing. Start measuring.

These are the exact five numbers we capture on your first **BIA body-composition scan** at ON&T — then re-scan as you progress, so you're coached by data, not guesswork. Come see your real numbers.

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