Genetic Weight

Joint: your genes predispose you to a certain weight... But that's average.

How did we calculate your read?

We used your body weight to check your body fat and bone density. So this doesn't reflect your diet, lifestyle or exercise alone. We just took a snapshot of your body's composition at the time of your scan.

Update your activity settings.

Your activity settings help provide a more accurate picture of your scan.

Update your activity settings.

Healthy Habits for Your Genes

With the right habits, you can help your genes do their best for your health.

1. Avoiding bad habits

A bad habit is one that you don't want to do. These can affect your health in many ways.

2. Eating healthy

You're eating healthy if you're eating the right amount of calories and following a healthy diet. This can help prevent weight gain and other health issues.

3. Sitting

Sitting too much can be dangerous for your health. It can lead to obesity, heart disease, and other health problems.

4. Exercising

Exercising regularly can have many benefits, such as improving your mood, reducing stress, and improving your overall health.

Important things to keep in mind

- Make sure you're getting enough exercise each week.
- Try to avoid sitting for long periods of time.
- Avoid bad habits.

Keep exploring your Wellness

Joint: there's so much you can do to improve your wellness. Let's get started!