

# PG1 Vitality Health & Wellbeing Program

Portglenone Enterprise Group, The Bank, Main Street Portglenone

15<sup>th</sup> October – 26<sup>th</sup> November 2025

4 x 2-hour fortnightly sessions

**Styku 3D Infrared Body scan metrics** at Week 0 (W0) and Week 6 (W6): <https://www.styku.com/>

**10 Participants (P) – 7 Female (F) & 3 Male (M)**

**Age range 31 – 76yo**

Person	Weight Kg			%	BMI			Waist cm			% Fat			Fat Mass kg			% Lean			Lean Mass kg		
	W0	W6	Chg		W0	W6	Chg	W0	W6	Chg	W0	W6	Chg	W0	W6	Chg	W0	W6	Chg	W0	W6	Chg
F43	56.6	56.8	+0.2	+0.4	23.3	23.3	0.0	80.3	77.2	-3.1	30.4	27.4	-3.0	17.2	15.6	-1.6	66.3	69.1	+2.8	37.5	39.2	+1.7
F51	74.6	72.3	-2.3	-3.1	27.7	26.9	-0.8	100.4	99.0	-1.4	41.9	40.9	-1.0	31.2	29.5	-1.7	55.3	56.3	+1.0	41.3	40.7	-0.6
F59	82.8	79.6	-3.2	-3.9	30.8	29.6	-1.2	115.8	110.7	-5.1	48.0	44.8	-3.2	39.8	35.7	-4.1	49.5	52.5	+3.0	40.9	41.8	+0.9
F59	73.7	73.4	-0.3	-0.4	26.1	26.0	-0.1	97.0	95.9	-1.1	36.6	36.7	+0.1	27.0	26.9	-0.1	60.4	60.3	-0.1	44.5	44.2	-0.3
F76	69.0	64.7	-4.3	-6.2	26.3	24.7	-1.6	107.4	105.6	-1.8	45.5	46.2	+0.7	31.4	29.9	-1.5	51.8	51.0	-0.8	35.7	33.0	-2.7
M55	112.9	112.4	-0.5	-0.4	32.6	32.5	-0.1	110.7	110.7	0.0	30.0	30.1	+0.1	33.8	33.8	0.0	67.2	67.2	0.0	75.9	75.5	-0.4
M70	89.7	87.9	-1.8	-2.0	25.4	24.9	-0.5	102.6	100.4	-2.2	30.7	29.6	-1.1	27.6	26.1	-1.5	66.1	67.2	+1.1	59.3	59.1	-0.2
M46	143.2	140.9	-2.3	-1.6	43.2	42.5	-0.7	139.1	137.2	-1.9	35.2	35.0	-0.2	50.4	49.3	-1.1	62.5	62.6	+0.1	89.5	88.3	-1.2
F31	94.1	93.5	-0.6	-0.6	37.7	37.5	-0.2	108.7	107.4	-1.3	40.9	39.5	-1.4	38.4	36.9	-1.5	56.7	58.1	+1.4	53.4	54.3	+0.9
F63	59.2	58.3	-0.9	-1.5	27.0	26.6	-1.4	91.1	90.4	-0.7	38.3	37.7	-0.6	22.7	22.0	-0.7	59.1	59.6	+0.5	35.0	34.7	-0.3
Average			-1.6	-1.9			-0.7			-1.7			-1.0			-1.4			+0.9			-0.2

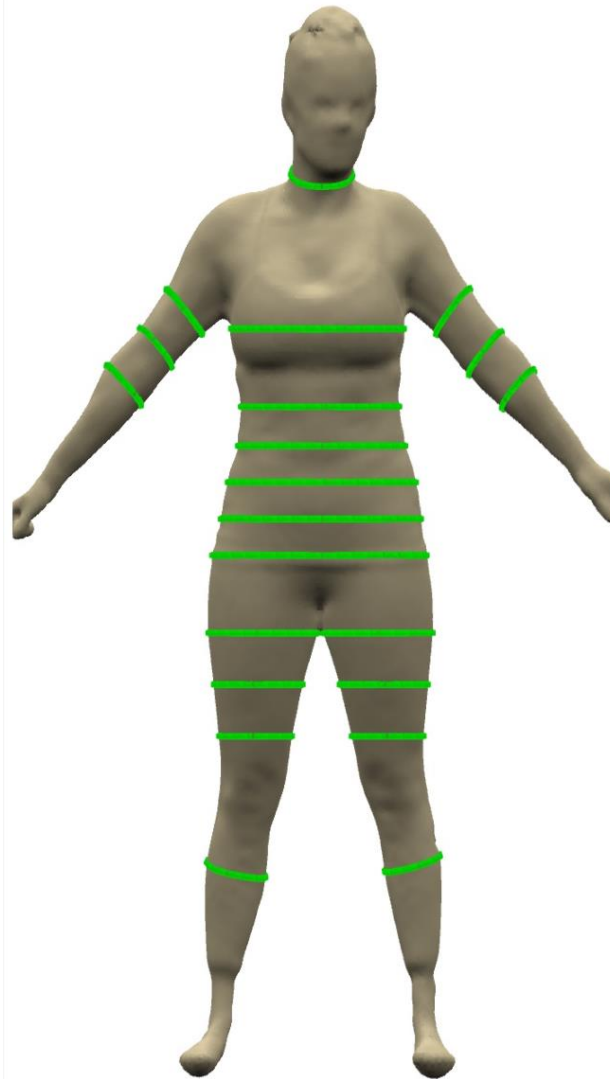
## Key Findings

- 9 P had **weight loss** (average **-1.6kg**) and **fat loss** (average **-1.4kg**). This was not why most people enrolled.
- 1 P gained 0.2kg weight but:
  - Lost 1.6kg fat mass
  - Gained 1.7kg lean mass
  - She had increased strength training and her visceral fat dropped from 0.4kg to 0.2kg.
  - Her waist circumference dropped by 3.1 cm.
- **Waist circumference** decreased in all but one P (average **-1.7cm**) in whom it remained unchanged
- 2 P lost **visceral fat** – one lost 0.1kg and the other lost 0.2kg. 8 P were unchanged
- 7 P lost **lean mass** and four of them lost more lean than fat – highlighted in green.  
Lean mass is composed of water, muscle, bone & organs. Any lean mass change is most likely in water and muscle.  
Group had all been told importance of losing fat and not muscle or bone. Strength training was recommended to maintain muscle & bone
- Course fully subscribed within a few days of advertising. Another one is being planned for February 2026



3D Scan and Measurements

EXAMPLE STYKU



Body Measurements (lbs, in)

Body Fat %	32.0
Lean Mass %	65.0
Bone Mass %	3.1
Fat Mass	44.4
Lean Mass	90.3
Bone Mass	4.3
Android Mass	2.9
Gynoid Mass	8.9
Visceral Fat	0.8
Subcutaneous Fat	2.8
Bicep Left Lower	9.0
Bicep Left	10.2
Bicep Right Lower	9.2
Bicep Right	10.4
Calf Left	11.9
Calf Right	12.0
Chest	34.2
Forearm Left	8.5
Forearm Right	8.5
High Hip	36.5
Hip	38.5
Neck	12.5
Thigh Left Lower	15.8
Mid-Thigh Left	20.3
Thigh Left Upper	22.2
Thigh Right Lower	15.8
Mid-Thigh Right	20.4
Thigh Right Upper	22.5
Waist (Abdominal)	29.1
Waist (Lower)	33.7
Waist (Narrowest)	28.0

## Course PowerPoint Topics:

### 1. Better **Nutrition** –

- Explanation of **ultra-processed** foods & their harm
- Food company **marketing**
- Impact of **sugar/fructose/glucose** & “energy drinks”
- **Energy** production
- Evaluation of **quality of Calories**
- Balance of protein, fat & carbs
- Impacts of **snacking**
- **Satiety** – importance of hunger hormones leptin & ghrelin
- **Cortisol & Insulin resistance**
- **Timing** of eating & intermittent fasting
- **Mindful** eating

### 2. Vitamins & Minerals

3. Importance of **fat loss** – not weight loss. No more than 1kg per week weight.
4. **Hydration** – water & electrolytes
5. Importance of quality **sleep** & how to obtain
6. **Movement** – enjoyable & working muscles
7. Personalised **action plan** at end of each session



## Interactive sessions

### 1<sup>st</sup> Session – Why are you all here?

Answers:

- Tiredness      Weight
- Energy          Medication
- Pain             To feel better
- Nutrition        Sleep

### 2<sup>nd</sup> Session – What changes have you made?

Answers:

- Cut down tea & biscuits after 6pm
- Now analysing sugar content of packets
- Increased fruit intake
- Breakfast adding seeds & blueberries
- Eating smaller portions
- More water intake
- Not eating after 5pm
- Less crisps
- Less bread
- More walking & less screentime
- More protein

### Food label interpretation activity

Everyone given box or bottle & calculated both sugar & carb content per realistic portion size.

Divided amount by 4 to calculate total number of sugar cubes (4g) and set beside pack.

Example - 100g crisps = 50g carbs (glucose) = 12.5 sugar cubes



# Tired? Sluggish? Lacking in Energy? Health & Wellbeing Course

8 weeks fully funded  
**beginning 10am to 12pm 15<sup>th</sup> October**  
in The Bank, Main St, Portglenone

#### Course Content

**3D body scan** with infa red screening- Body composition and why it matters.

#### Health Coaching sessions;

15<sup>th</sup> 29<sup>th</sup> Oct & 12<sup>th</sup> 26<sup>th</sup> Nov.

**Information** about understanding metabolic changes, nutrition, energy, sleep and more .

This Course will be delivered By Eoghan O'Brien

Bannside Pharmacy



#### To Book Contact

Portglenone Enterprise Group

Tel 028 25 820150

info@portglenone.net

Places are limited over 18s only



Flyer to advertise

## Evaluation forms

	Excellent	Good	Average	Poor	Comment
How the course content was communicated to you	10	0	0	0	
Relevance if the information	10	0	0	0	
Quality of the information provided	10	0	0	0	
Opportunities to participate / ask questions	10	0	0	0	
Organisation of the course	10	0	0	0	
Training room	10	0	0	0	

**Would you recommend this course to others?** Yes = 10 No = 0

Absolutely. Already have friends asking when the next one is as they want to participate from the feedback I have given them

**Did you gain any new information that you will use as a result of attending the course?**

- Yes, I will be implementing this new information in everyday life
- More aware of food labelling
- Importance of reducing sugar
- I have never looked at sugar content of food before – in the past done low fat & watched calories
- “Healthy foods” are not always a healthy choice
- Still ok to have a treat now & again
- Now drinking more water
- Importance of exercise / moving more
- More positive attitude
- Magnesium & triglycerides & lots more
- Absolutely. How small changes can make a big difference
- Yes. I learnt so much from this course that will help me when helping clients (I am a qualified personal trainer)

**Was there anything else you would have liked more information on?**

- Supplements & dosages. How to improve insulin absorption
- Sleep & pain management
- Sleep & tiredness
- Healthy recipes

**Were there any other practical skills you would have liked to have learned?**

- Some recipes low sugar / no sugar / high protein
- More in depth look at food ingredients & what to avoid
- Some simple ideas for pain management

**Was the number of sessions (4) best for you? Yes = 7 No = 3**

If No – how many sessions would be ideal?    6 sessions = 1                  6-8 sessions = 1                  8 sessions = 1

**Was the fortnightly spacing of sessions best for you Yes = 10 No = 0**

If No – what would be better Weekly  Monthly

**Any further comments you would like to add**

Felling much better from changes I have made

Not as tired & more positive going forward

The information I have gained is easy to follow & to carry on in the future. Enjoyed the group sessions and questions & answers from others

Great class. Gave me goals