



▲ **Bradley Lowery**
The incredibly brave six-year-old fan sadly passed away after his battle against cancer.

▲ **Toni Duggan**
The England Women striker has signed for Barça having scored 31 goals for Man City.

▲ **Sweden**
AIK, Hammarby and Djurgarden have set up a special code to stop pushy parents from abusing young players and referees.

HERO TO ZERO

▼ **Jorge Mendes**
The powerful agent appears to have an excessive influence on Wolves' transfer activity after a spate of big-money deals for Portugal players.

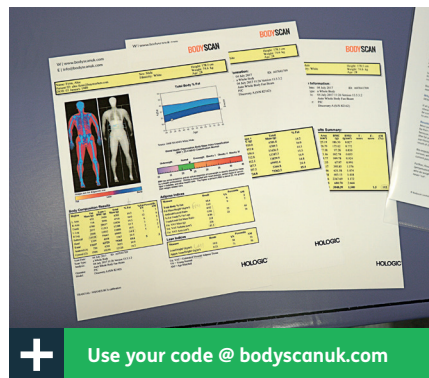
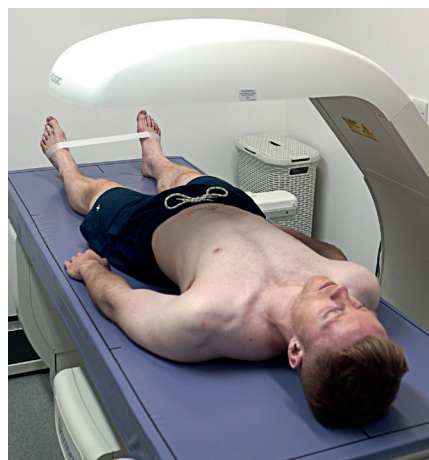
▼ **Player proposals**
Both Harry Kane and Memphis Depay were pictured popping the question. Is nothing private these days?

▼ **Riyad Mahrez**
The Leicester man handed in a transfer request at the end of last season, but the Foxes didn't get any early offers for him.



T R I E D AND T E S T E D DEXA BODYSCAN

FFT lies back and learns how much fat we need to shake before the new season



What is it?

At 28, with aspirations of playing on well into our 30s, FFT decided to book an appointment to have a full-body MOT before the start of the new campaign. A DEXA bodyscan uses X-ray to measure body composition – the amount of fat, bone and fat-free (lean) tissue inside our system – and exactly where that is all stored.

How does it work?

Wearing only a pair of swimming shorts, FFT laid down on a table with our arms down by our side and feet taped down to ensure we didn't wriggle out of position, however hard we tried. For four minutes, a scanner slid back and forth above our body, examining every fibre and transferring the physical data onto a computer.

Who uses it?

England's rugby union side use DEXA on a regular basis, while Arsenal have had the technology installed at their training ground. It is also available to the general public at various locations across the country and is often used by

people concerned with their weight or looking to build a strong physique – like FFT.

Why are they using it?

Tools like calipers only measure skin fat, but DEXA provides the most accurate and meticulous insight into a person's physical condition by also assessing fat around major organs. Our scan revealed a healthy body fat and muscle mass percentage, and advised us to add 3kg of muscle to our trunk (the back, chest and abdominals) and consume 2,700 calories per day to hit our goal.

How much does it cost?

Well it's not cheap, with a single scan setting you back £139. And for an additional £20 you will sit down with a medical expert for a one-hour consultation period to discuss your findings in detail. However, use the code '442MAG' and you can take advantage of a 20 per cent discount. If you're serious about taking your game to the next level and improving your general health, we highly recommend you give this a go.

+ Use your code @ bodyscanuk.com