
Body optimisation

Performance, vitality and longevity



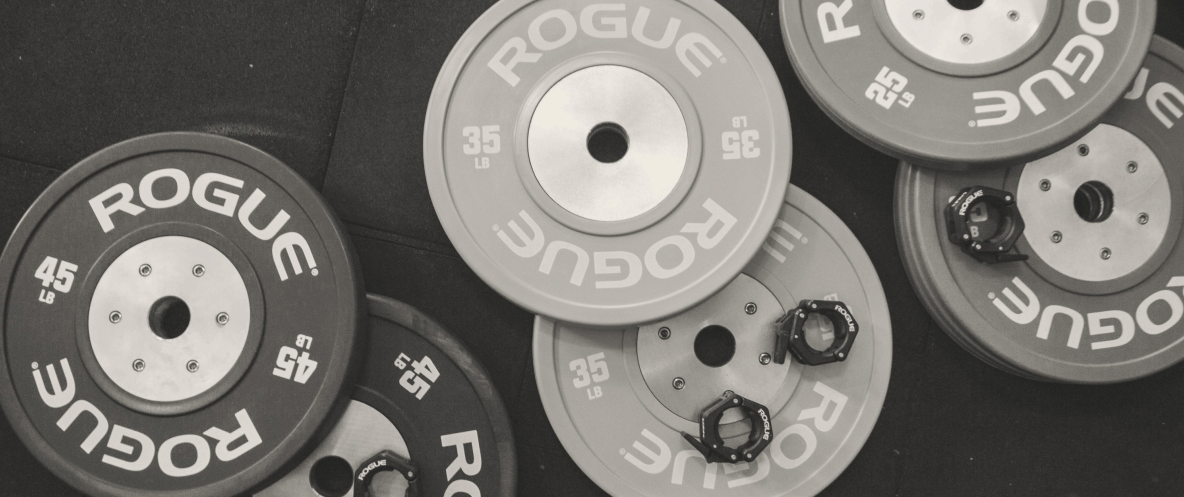
For anyone who wants to perform better, recover well and stay healthy for longer, body optimisation brings medicine, measurement and training together in one programme.

Led by Dr David Porter at Opus, in Marylebone, London, it begins with a consultation, blood tests and a DEXA scan, continues with physiotherapy and, if you choose, nutrition support, and is measured again so you can see what has changed.

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This guide is general information. Your clinician will explain how it applies to you, and their advice always comes first.



01 THE PROGRAMME

What is body optimisation?

Body optimisation is the science of enhancing both physical and mental performance. This includes improving sleep, losing weight, maximising muscle mass, boosting cognitive function and refining immune response.

A COMPREHENSIVE PROGRAMME

Led by Dr David Porter, our body optimisation programme is designed to improve your performance, vitality and longevity by addressing every aspect of health, fitness and body function. Tailored to your individual goals, it supports weight loss, muscle gain, bone density and gut health.

[MEET YOUR TEAM →](#)

PACKAGE

Complete

A doctor-led programme with physiotherapy support, measured from start to finish.

01 Doctor consultation with Dr Porter

02 Blood testing panel

03 DEXA scan at King Edward VII's Hospital

04 Review of reports and scan with Dr Porter

05 Physiotherapy assessment with an Opus physiotherapist

06 Six physiotherapy sessions with an Opus physiotherapist

07 Repeat DEXA scan at King Edward VII's Hospital

08 Review with Dr Porter

PACKAGE PRICE

£4,500



PACKAGE

Enhanced

Everything in Complete, with nutrition support and twice the physiotherapy.

01 Doctor consultation with Dr Porter

02 Blood testing panel

03 DEXA scan at King Edward VII's Hospital

04 Review of reports and scan with Dr Porter

05 Nutritionist consultation with Aaron Deere (via Zoom)

06 Physiotherapy assessment with an Opus physiotherapist

07 Twelve physiotherapy sessions with an Opus physiotherapist

08 Repeat DEXA scan at King Edward VII's Hospital

09 Review with Dr Porter

PACKAGE PRICE

£7,500



BESPOKE

Tailored support for every journey

Every patient's journey is different. Our Build Your Own package is a fully tailored approach designed around your goals, lifestyle and requirements.

CHOOSE FROM OUR FULL RANGE OF SERVICES, INCLUDING

- Additional physiotherapy sessions for long-term progress and recovery
 - Personalised nutritional support
 - Advanced blood tests and body composition scans for deeper insight
 - Regular check-ins and reviews with Dr Porter to keep you on track
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[TALK TO US ABOUT A BESPOKE PROGRAMME →](#)

NEXT STEPS

Where to go from here

AFTER YOUR APPOINTMENT

Your first step is a consultation with Dr Porter, who will agree your goals and recommend the package or combination of services that suits you.

QUESTIONS BEFORE OR AFTER

Many common questions are answered on our website. If yours is not, call the team on +44 (0)208 609 7843 or contact us online.

CHANGING YOUR APPOINTMENT

If you need to change or cancel, please give us at least 48 hours' notice.

[FREQUENTLY ASKED QUESTIONS →](#)[CONTACT US →](#)

FURTHER READING ON OUR WEBSITE

Body optimisation at Opus

[→](#)

Nutrition at Opus

[→](#)

Strength and conditioning at Opus

[→](#)

Maximising your sports performance with body optimisation

[→](#)



GET IN TOUCH

To find out which programme is right for you, speak to our team.

+44 (0)208 609 7843

opusbiological.com

Emmanuel Kaye House
37 Devonshire Street
London W1G 6QA

54 Wimpole Street
London W1G
From December 2026

[BOOK AN APPOINTMENT](#) →

[MEET YOUR TEAM](#) →

