

Akribis Veins & Vitality Launches Body Optimization Program

Akribis Veins & Vitality announced the availability of its Body Optimization program in Worthington, Ohio.

WORTHINGTON, OH, UNITED STATES, February 19, 2026 /EINPresswire.com/ -- [Akribis Veins & Vitality](#) announced the availability of its Body Optimization program in Worthington, integrating [Exion Body](#), Emsculpt NEO, and [Physiq](#) to address fat reduction, muscle building, and functional mobility support through noninvasive, technology-based treatments.

The program is designed for individuals seeking targeted body composition changes, muscle

reconditioning, or supportive therapy following injury, procedures, or periods of reduced activity. Each plan is customized based on patient goals, anatomy, and functional needs.

“Body optimization goes beyond appearance alone,” said Dr. Cooper at Akribis Veins & Vitality.

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By combining multiple technologies, we are able to address stubborn fat, strengthen and retrain muscles, and support movement and stability in areas such as the back, hips, and knees.”

Dr. Amanda Cooper



A single session of your body sculpting procedure will typically only take about 30 minutes to complete. Smaller areas of treatment may require even less time.

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How the Body Optimization Technologies Work

The program combines three FDA-cleared platforms, each serving a distinct role:

- Emsculpt NEO uses synchronized radiofrequency energy and high-intensity focused electromagnetic (HIFEM) stimulation to reduce fat while inducing powerful muscle

contractions. This dual-action approach allows for simultaneous fat reduction and muscle strengthening in a single session.

- PhysiQ delivers controlled thermal energy and electrical muscle stimulation through multi-applicator pads. This flexibility allows providers to treat multiple or asymmetrical areas and adjust intensity for muscle conditioning and functional support.
- Exion Body uses radiofrequency-based energy to support skin tightening, collagen production, and tissue quality, often used to refine areas following fat reduction or muscle-focused treatments.

These technologies are commonly applied to areas such as the abdomen, flanks, bra line, inner thighs, above the knees, glutes, arms, and back.

Candidates for Body Optimization

The Body Optimization program may be appropriate for individuals who:

- Are near their goal weight but have localized fat resistant to diet and exercise
- Want to build or recondition muscle without surgery
- Seek support for mobility, stability, or muscle activation after injury or procedures
- Experience difficulty engaging certain muscle groups due to inactivity or compensation

A consultation is required to review medical history, assess candidacy, and determine the appropriate combination of treatments.

What to Expect from a Customized Plan

Patients undergo an initial evaluation that includes goal-setting, body composition assessment, and discussion of functional concerns such as strength, balance, or joint support. Treatment plans often combine device-based therapy with progress check-ins, guidance on activity, and follow-up evaluations.

Most plans involve four to six sessions per treatment area, scheduled once or twice weekly. Some patients choose additional sessions for broader coverage or more pronounced changes. Maintenance sessions may be recommended to support long-term results.

Treatment Experience, Results, and Recovery

Treatments are noninvasive and require no downtime. Patients typically describe sensations such as deep warmth and rhythmic muscle contractions, with intensity adjusted for comfort. Normal daily activities can be resumed immediately.

Early improvements in muscle engagement or firmness may be noticed within weeks, while visible contour changes typically develop over one to two months as fat reduction and muscle adaptation occur. Results can be maintained with periodic follow-up sessions and an active lifestyle.

Pricing and Availability in Ohio

Pricing varies based on the number of areas treated, technologies used, and total sessions included in a plan. Akribis Veins & Vitality offers package options, transparent cost reviews during consultation, and financing solutions to support accessibility.

Flexible scheduling and efficient session times are available to accommodate busy schedules.

About Akribis Veins & Vitality

Akribis Veins & Vitality is a comprehensive medical practice in Worthington, Ohio, offering vein care, aesthetic services, and noninvasive wellness solutions. The practice focuses on individualized treatment planning, evidence-based technologies, and patient education. For more information or to request a consultation, visit the practice's website or contact the office directly.

Dr. Amanda Cooper

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