

START SMART

Body Composition & Analysis



We understand that helping you meet your health, fitness and wellness goals takes a combination of information, activities for physical, mental and spiritual balance, and behavioral changes toward healthy living.

We're here to support you with non-invasive, comprehensive testing to gather essential data to help you reach your goals.

We'll measure your:

- Total body water, dry lean mass, body fat mass
- Weight and skeletal muscle mass
- Body Mass Index (BMI), percent body fat, segmental lean mass (right arm, left arm, trunk, right leg, and left leg)
- Fat and Lean Body Mass (LBM)
- Basal Metabolic Rate (BMR)

Then we'll use the results to guide you through a customized program that includes healthy nutrition resources, exercise options and support along the way.

Fee: \$15, *Members* / \$20, *Non-members*

- Appropriate for all ages and weights
- Not recommended for people with implanted defibrillators, pacemakers or metal implants
- Do not eat, drink or exercise for 3 hours before you take the test

Schedule your appointment today.

For details contact:

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