

# InBody 570



The InBody is a non-invasive bioelectrical impedance analysis that is an effective tool for comprehensive evidence-based body composition testing.

InBody results can be an effective tool for targeted health risk assessments, as well as identifying segmental lean muscle and fat distribution, which can aide in determining a concise plan of action to develop interventions to improve long-term health outcomes as well as fitness goals!

## What does it measure?

- Weight
- Lean Body Mass
- Body Fat Mass
- Body Mass Index
- Percent Body Fat
- Segmental Fat Analysis
- Visceral Fat Level
- Intracellular Water
- Extracellular Water
- Body Mass Index
- Skeletal Muscle Mass
- Segmental Lean Analysis
- Basal Metabolic Rate

## Inbody now included with Personal Training packages!

4 hour package	1 test
8 hour package	2 tests 30 days (beginning & end)
12 hour package	2 tests 45 days (beginning & end)

### 30 min packages:

8 sessions	1 test
16 sessions	2 tests /60 days (beginning & end)
24 sessions	2 tests /90 days (beginning & end)

## Inbody Testing Only

	<u>Member</u>	<u>Non-member</u>
1 test	\$30	\$40
4 tests	\$120	\$160

For more information  
or to sign-up for a  
session, please contact

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*InBody devices should be used as an adjunct tool for clinical decision making and are not intended to diagnose or treat any diseases.*