

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!

The Inbody tests will be performed by a certified trainer that will spend 30 minutes for the InBody interpretation and discuss training packages.

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	\$60	\$65
4 tests	\$228	\$248

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

Karla Balk King at
Kbalk@gmu.edu

