



InBody Pre-test Rules

- Hydrate well the day before
- Do not drink caffeine on the day of the test
- Do not eat 3-4 hours before the test
- Do not exercise 6-12 hours before the test
- Do not take InBody test after shower or sauna
- Do not consume alcohol for 24 hours before the test
- Do not wear jewelry
- Do not take InBody test while menstruating
- Individuals with pacemakers or other electronic medical devices should not take the InBody Test


WELLNESS CENTER
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Jackson, Tennessee 38301



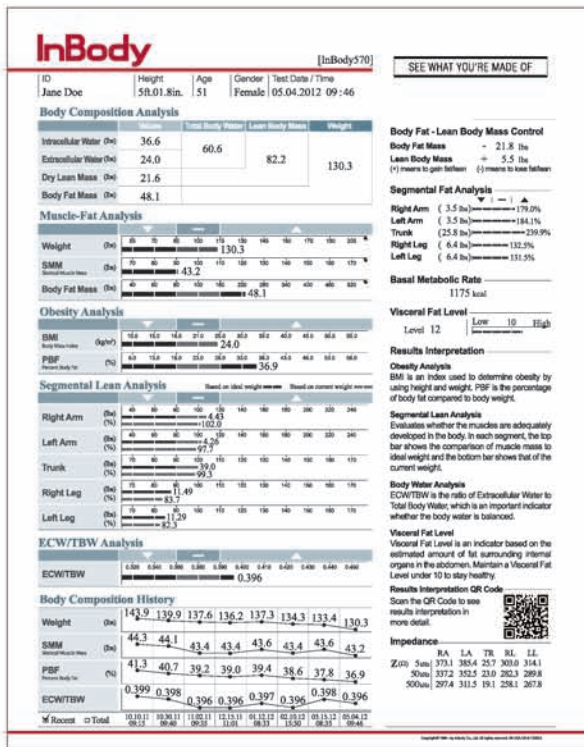
InBody

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Body Composition Analyzer

What is the InBody?

The InBody has **revolutionized** the field of BIA (Bioelectrical Impedance Analysis) and is the most advanced product in the market. With a **98% correlation** with gold standard body composition analysis methods such as DEXA, the InBody is trusted by top hospitals, gyms and professional sports teams because of its precision and ease of use. The InBody is **fast, accurate** and **non-invasive**. By standing on the device for **45 seconds**, the InBody Test looks beyond the scale to show you what you're made of.



Why InBody?



The 8-point Tactile Electrode System with patented thumb electrodes fixes the starting points of the InBody electrical currents. This enhances accuracy and precision in test results.

The InBody uses multiple frequencies to measure your body water at two levels: intracellular water and extracellular water.

The InBody uses DSM-BIA to measure your whole body in five segments: the four limbs and the trunk. This is also known as the 5 cylinder model.

No statistical data is applied to your test results. Because InBody uses only impedance to measure your body, your results are personalized and unique.

Why take the InBody Test?

Understand your weight

When you measure your weight, what are you actually seeing? Weight alone is a poor indicator of health because it does not distinguish fat from muscle. The InBody divides your weight into water, muscle, and fat.

Body Composition Analysis

	Value	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lb)	36.6	60.6	82.2	130.3
Extracellular Water (lb)	24.0			
Dry Lean Mass (lb)	21.6			
Body Fat Mass (lb)	48.1			

Set your goals

Measuring your Percent Body Fat allows you to better gauge your health, helping you achieve your fitness goals by bringing that percentage down.

Obesity Analysis

BMI (kg/m ²)	24.0
PBF (Percent Body Fat) (%)	36.9

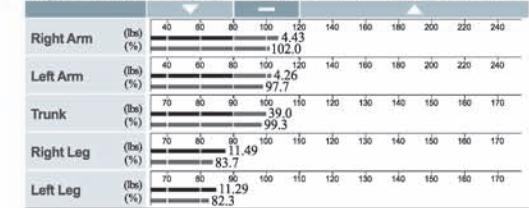
See What You're Made Of

The InBody Test

Measure your strength

How much muscle do you have in your arms? Your legs? With the InBody Test, discover how many pounds of muscle you have distributed in each portion of your body. See which exercises bring out the best results.

Segmental Lean Analysis



Manage your fat

Understand the distribution of your body fat through Segmental Fat Analysis. Track changes in your segmental fat by observing the changes in pounds and percentages. Visceral Fat Level shows you the fat content surrounding your organs. Keep this number at or below 10.

Muscle-Fat Analysis



Monitor your water

Monitor changes in your ECW/TBW ratio for water retention or edema. The normal range of ECW/TBW is between 0.360 and 0.390. The ideal ratio is 0.380

ECW/TBW Analysis



Track your progress

Knowing how much fat and muscle you have is only the beginning. With your baseline set, continuously taking the InBody Test allows you to monitor and track the changes in your body.

Body Composition History

