

*Now Available at the Osage Centre!*

# InBody Body Composition Analysis

Schedule an appointment with one of our Certified Personal Trainers who will lead you through a body-composition analysis that includes more than 15 measurements! The analysis includes two 15 minute sessions (pre and post assessment), interpretation of the results and provides information about:

- Weight
- Dry lean mass
- Muscle mass
- Body fat percentage
- Body fat mass
- Body water
- Metabolic rate

### **Not all Pounds are Equal.**

When you step on a scale and see that you've lost 2 pounds, what did you really lose? 2 pounds of fat? Muscle? Water? Change the way you see your weight. Understand your health by seeing how much muscle, fat, and water you have instead of relying on a number on a scale.

### **Quick**

In just 15 seconds the InBody will reveal how your diet and exercise are affecting your health. Through regularly scheduled testing you can challenge yourself and monitor your progress on your full-page results sheet provided to you immediately following each test

### **Precise & Informative**

InBody uses the latest patented and cutting-edge technology to provide you with the most accurate results in the industry. Receive a personalized report that informs you of your overall health including body fat percentage, amount of lean muscle tissue, visceral fat (fat in and around your organs) and more. Take the InBody Test at least once a month or quarterly to accurately track your progress.

Cost of Assessment : \$10

To Register: Contact Christine Jaegers, Fitness & Wellness Specialist

E-mail: [cjaegers@cityofcape.org](mailto:cjaegers@cityofcape.org)

Call: 573-339-6604



**STEP UP, GRAB HOLD & SEE WHAT YOU'RE MADE OF!**



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