Body Fat Testing

LEHI LEGACY CENTER
BODY FAT TESTING

What are you 'WEIGHTING' for?

Find out what percentage of your body is fat and other useful nutritional information through a bioelectrical impedance analyzer. This test is based on the principle that the conductivity of an electrical impulse is greater through lean tissue than through fatty tissue, it has a +/- accuracy of 3%.

- The test takes approximately 15 minutes
- Avoid working out prior to testing
- Be hydrated
- No food or caffeine for 4 hours prior
- The test requires that leads be placed, one on the foot and ankle, and one on the wrist and back of the hand.

Warning: Testing should not be done with those individuals with pacemakers or internal defibrillators. Call 768-7124 to set up an appointment with Tina.

×QUICK FACTS

What..... Body Fat Testing
Where..... Call Legacy front desk for an appointment
Who ..... All Welcome
When..... Call for an appointment
Fee ..... $5 for body fat testing
$10 for body fat testing & nutrition recommendation
Includes..... Print out

REGISTRATION

For an appointment call Tina @ 768-7124.

INFORMATION

For more information call Legacy Front Desk at 768-7124

Post Until 6/01/05

Legacy Center

Lehi Legacy Center
123 N Center St.
768-7124