



BODY COMPOSITION TESTING

QUICK FACTS

WHAT Body Composition Testing
WHERE Lehi Legacy Center
WHO All are welcome
FEES Resident \$15;
Non- resident \$23

REGISTRATION

Call 385-201-2000 or email Tina at tstrong@lehi-ut.gov to set up an appointment. Payment can be made at the front desk, registration office or online. Please bring your receipt at time of appointment.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000



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BODY COMPOSITION TESTING

Do you want to find out your percentage of fat or other useful nutritional information through a bioelectrical impedance analyzer? The Legacy Center offers a test that 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%.

MORE INFORMATION

- The test takes approximately 15-minutes.
- 24-hours prior to testing avoid caffeine and alcohol.
- 4 hours prior to testing, no exercise or food...water is okay.
- Be fully hydrated.
- No lotion on test sites. The test requires that leads be placed; one on the right foot and ankle, and one on the right wrist and back of the hand.

Warning: Testing should not be done with those individuals with pacemakers, internal defibrillators, diagnosed heart problems or pregnancy.

LEHI LEGACY CENTER
123 North Center Street
385.201.2000
www.lehi-ut.gov/legacy-center



REGISTRATION HOURS
Monday-Friday
8 a.m. to 6 p.m.
or register online.