



# BODY FAT TESTING

## QUICK FACTS

WHAT ..... Body Fat Testing  
 WHERE ..... Lehi Legacy Center  
 WHO ..... All are welcome  
 WHEN ..... Call or email [tstrong@lehi-ut.gov](mailto:tstrong@lehi-ut.gov) for an appointment  
 FEES ..... \$12 for body fat test

## REGISTRATION

Call 385-201-2000 or email Tina at [tstrong@lehi-ut.gov](mailto:tstrong@lehi-ut.gov) to set up an appointment. Payment can be made at the front desk, registration office or on-line. 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 FAT 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 exercise, caffeine and alcohol.
- 4 hours prior to testing, no 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 or internal defibrillators. Call 385-201-2000 or email [tstrong@lehi-ut.gov](mailto:tstrong@lehi-ut.gov) to set up an appointment with Tina.*

LEHI LEGACY CENTER  
 123 North Center Street  
 385.201.2000  
[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)

LEHI  CITY  
**RECREATION**

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