



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 for an appointment
 FEES \$14 for body fat test

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 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 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. Call 385-201-2000 or email 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



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