

**If you are focused in 2021 on making an impact on your overall health and wellness, then join us for the first quarter InBody Challenge!**

- **Challenge Timeline: January 1, 2021 – March 31, 2021**
- **Cost: \$25 for the Challenge (includes both InBody Assessments)**
- **Purchase your InBody Challenge pass from the Front Desk**
- **Visit the Fitness Desk to schedule an appointment for initial and ending InBody Assessments**

**The big advantage to joining our InBody Challenge is, you don't just get "weighed in"...but receive a consultation at the beginning and end of the challenge regarding your entire body composition including:**

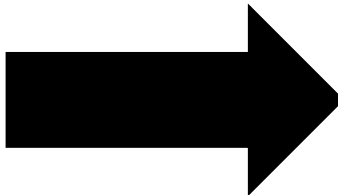
**1. Body Weight total and breakdown in lbs for:**

- ✓ Hydration
- ✓ Lean Muscle Mass
- ✓ Body Fat
- ✓ BMI

**2. Muscle- Fat Analysis**

**3. Obesity Analysis**

**4. Segmental Lean Analysis**



**To insure consistent testing conditions and effective tracking of body composition changes, follow these guidelines before each *In Body* test:**

- Maintain normal fluid intake the day before
- Do not consume fluids 2 hours prior to your test
- Do not consume food 3 hours prior to your test
- Stand upright for at least 10 minutes before the test
- Remove any socks or pantyhose
- Remove all heavy objects (winter coats, belts, phones, keys, wallet)
- If coming in from colder weather, allow yourself to warm up (about 20 minutes)
- Use the restroom before the test
- Don't eat or exercise 6 hours leading up to the test
- Don't consume alcohol or excess caffeine for 24 hours leading up to the test
- Don't use a sauna or hot shower 2 hours prior to test
- Don't put lotions or oils on your hands and feet right before the test
- If you have a pacemaker or other life-sustaining implant, you will not be allowed to complete an *In Body* assessment

