

InBody Scan

The InBody Scan provides an in-depth body composition analysis and serves as an overall indicator of your body's health. The information can guide a personalized nutrition and/or exercise program and help monitor overweightness, which is a risk factor for major diseases. The InBody Scan provides guidance on how to lose or gain body fat safely, fine-tune athletic performance, and make health improvements in many areas.

The InBody analysis looks at body composition changes and provides an accurate measurement of body fat percent with a breakdown of the body fat and muscle mass throughout the trunk and limbs. This type of body composition measurement is important for several reasons:

- **It is a more accurate measure** of body composition, compared to body mass index or weight alone.
- **It quantifies body fat and overall body fat percentage**, including where it is in the body; along with protein, minerals, and water measures.
- **Body composition** shows changes in fat mass, muscle mass, and body fat percentage. This can help validate weight loss/muscle gain/fat loss, chronic disease management, and overall wellness.

Body composition analysis may help you learn that your body fat percent is higher than you thought, or that your right side is stronger than your left. Through interpretation and coaching, you can learn how to bring your body into balance. Go beyond the scale and see what you are made of!

“Nobody likes getting on a scale, but I think looking at it broken down in different segments is actually a little bit more refreshing. The overall number then becomes less important. It's about the breakdown of your muscle to fat ratio, which can be exciting to watch change as you progress.”

Marathon
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Schedule to take an InBody test:

- 1. Schedule an appointment called “Body Composition” online or call the health center.** The InBody test takes 90 seconds to complete and the results interpretation is part of the 30-minute visit.
- 2. Prior to the appointment, you need to:**
 - Hydrate well the day before
 - Avoid drinking caffeine on the day of the test
 - Avoid eating 3-4 hours prior to testing
 - Avoid exercising 6-12 hours prior to testing
 - Avoid consuming alcohol 24 hours prior to testing
 - Do not have the test right after a shower, sauna, or hot tub
 - Avoid using lotion or ointment on your hands or feet
- 3. Before and during the test, we will ask you to:**
 - Use the restroom
 - Remove jewelry, socks, pantyhose and shoes
 - Stand upright for 5 min prior to testing
- 4. Ongoing health coaching appointments can be scheduled for nutrition and/or exercise follow-up.**

NOTE: We will not test if you are pregnant, menstruating, or have a medical implant such as a pacemaker or other life-sustaining implant.

