

# LEARNING MORE ABOUT YOUR BODY



## InBody Analysis

Body Composition Analyzer from Biospace

Monitoring your weight is not enough. It can be misleading when used as an indicator of progress and health. Your body is a complex structure made of different components: water, fat and muscle. In 30 seconds, you will receive a print out of the components that are the key in understanding more about your body. It is a more accurate method of bio-impedance analysis, and it is 98% accurate to the dexa scan.

Register at the member service desk

Single Session:

Free for members and program participants

\$15 potential members

Contact a team member in the Fitness and Wellness department for assistance



**SUMTER FAMILY YMCA** 510 Miller Road Sumter, SC 29150  
803-773-1404 [ymcasumter.org](http://ymcasumter.org)

## Protocol for testing:

- Stay well hydrated prior to testing
- Do not eat for 4 hours prior to testing
- Do not exercise 12 hours prior to testing
- Do not consume alcohol 24 hours prior to testing
- Do not drink caffeine on the day of your test
- Remove all jewelry
- Females should avoid testing during menstrual cycle

## Do NOT test:

- If you are pregnant
- If you have a pacemaker

For monitoring progress, testing may be repeated once every 12 weeks.

