

InBody 570

Don't be misled by the # on the scale,
you deserve **WHOLE STORY!**
to get the

With fast, accurate, non-invasive
body composition measuring, we're
here to help you reach your goals!

**In just 45-seconds you'll receive a
full page print out that includes
the following information:**

**Total Body Water Percentage
Segmental Fat & Lean Mass
Segmental Muscle Balance
Percent Body Fat
Basal Metabolic Rate
and so much more!**

Only \$23 per scan!
*Includes a breakdown
and explanation of
scan results.*



**Call today to schedule an appointment
at (574) 233-9471 ext. 2304**



900 W. Western Avenue
South Bend, IN 46601
574.233.9471 | www.mykroc.org

InBody Test Preparation

**Before each InBody test, please
follow these guidelines to ensure
your results are accurate.**

Prior to testing, AVOID:

- Exercising 6-12 hours prior
- Eating 3-4 hours prior (*8 hours is ideal*)
- Consuming alcohol or caffeine
24-hours prior
- Using a shower or sauna
- Using lotion or ointment on hands
or feet

Prior to testing, DO:

- Hydrate well the day before
- Use the washroom
- Stand still for a few minutes
- Remove socks, shoes, pantyhose,
heavy clothing and metal objects
such as jewelry, belts, etc.

*Do not test if pregnant, menstruating
or have medical implants such as pacemakers.*



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