



Do you know your body composition?

Learn more about fat, lean weight, and hydration with

Bioelectrical Impedance Analysis

by  RJL
SYSTEMS

Nutrifit, Sport, Therapy, Inc. has added another state-of-the-art technology to help you reach your health goals: the **BIA** (Bioelectrical Impedance Analysis). Stepping on a scale provides little information about a person's health. But a body composition analysis can determine how much muscle, fat, and water are lost or gained as the result of diet and exercise, so that you can manage your health goals. With these important benchmarks, we can better plan nutrition goals specific to menu planning, shopping, and cooking.



Body composition analysis is done with electrode connections (there is NO bloodwork necessary) to quickly and painlessly

- **measure body composition**, including proportion of fat and lean weight
- **track small changes** in body composition with weight changes and nutritional adjustments
- provide a computerized report from which to plan appropriate **caloric needs, food group guidelines, and exercise guidelines** to reach healthy weight goals

Call **770.457.1457** today to schedule your BIA analysis!