

Do you know your body composition?

Learn more about fat, lean weight, and hydration with

SECA Bioelectrical Impedance Analysis

Nutrifit, Sport, Therapy, Inc. has added another state-of-the-art technology to help you reach your health goals: the **SECA BIA** (Bioelectrical Impedance Analysis). Stepping on regular 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.



This measurement is also a measure of hydration status for athletes, especially for those who have cramping issues.

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, hydration and bone mass measurements
- **measure hydration status**, including both intracellular and extracellular measures and track changes for before and after activity!
- **track small changes** in body composition with weight changes and nutritional adjustments

Call today to schedule your BIA analysis!

770.395.7331