

Why test on the InBody?

In less than a minute, the InBody measures your total body fat, body water, and lean body mass distribution. Using patented technology, the InBody is not dependent on empirical estimations and achieves individual measurements for each segment of the body: 4 limbs and the trunk.

Body Type	Women (% fat)	Men (% fat)
Athlete	<17%	<10%
Lean	17-22%	10-15%
Normal	22-25%	15-18%
Above Average	25-29%	18-20%
Over-fat	29-35%	20-25%
Obese	>35%	>25%

Key attributes of the InBody

- Convenient, quick and easy to use
- Non-invasive measurement
- No dependency on empirical estimations
- 550 pound weight limit
- 8-point tactile electrodes
- Direct segmental multi-frequency measurement
- Pre-printed (color) results sheet
- Weight, total body fat, total lean body mass, total body water, percent body fat, segmental lean mass, basal metabolic rate, intracellular/extracellular water and skeletal muscle (select models)

*ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 4th Ed., 2001

This machine is available to anyone to use (no physician order required) and has a \$25 fee for each use. If you are interested in making an appointment, please call 765.747.4410.

IU Health Ball Memorial Hospital Bariatric & Medical Weight Loss, 2901 W. Jackson Street Muncie, IN 47304.



What Are You Made Of?

InBody 570 Body Composition Scale
Fat?
Water?
Muscle?



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InBody

The InBody will look beyond the number on the scale and show you what your body is really made of.

What is the InBody?

Weight alone is not a clear indication of good health because it does not distinguish how many pounds are fat, and how many pounds are lean body mass.

By simply standing on the InBody footplates and holding the handgrips, you can regularly monitor your body fat, water weight and muscular development. Thus, you can understand how your diet, lifestyle and exercise regimen are affecting your body.

The InBody allows you to discover what's working for you, enabling you to target and reach your wellness goals.

How does the InBody work?

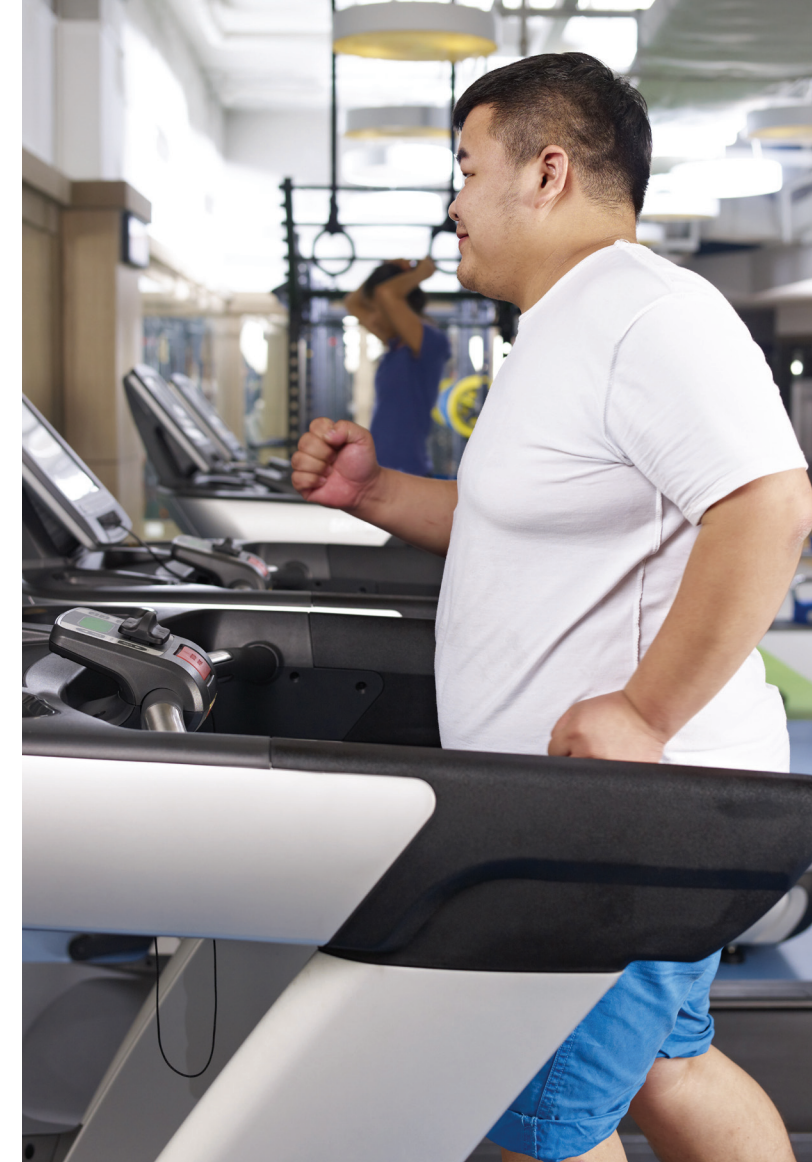
Our bodies are mostly made up of water. The InBody sends multiple frequencies through each hand and foot to measure how fast they are able to travel through your body. The InBody specializes in measuring all age and body type ranges because of its patented method of attaining accurate impedance measurements for each arm, leg, and most importantly, the trunk.



Prior to testing;

For the most accurate results, there are a few steps you should follow

- Test before exercising or eating, and after standing still for several minutes.
- Remove shoes, socks, stockings, and any items out of your pockets.
- Go to the bathroom before testing.
- Examinees with pacemakers or electrical medical devices, or women on their menstrual cycle should not test.
- Testing under similar conditions will enhance reproducibility when comparing tests.



InBody Results.

The InBody will let you see what you're made of. The full page results will help you find motivation to achieve your goals by reporting pounds of body fat, segmental muscle distribution, percentage of body fat, BMI and basal metabolic rate.