

**WHAT WILL I LEARN  
FROM MY INBODY®  
COMPOSITION  
ANALYSIS?**

HYDRATION LEVELS

MY BODY FAT MASS  
AND PERCENTAGE

TRACKING THE  
EFFECTIVENESS OF MY  
WORKOUTS

MY LEAN BODY WEIGHT

A DESIRABLE WEIGHT FOR  
MY AGE AND HEIGHT

MY BODY'S STRONGER  
AND WEAKER AREAS

GOAL SETTING

MY BASAL METABOLIC RATE  
(CALORIES BURNED AT REST)



500 QUINTANA ROAD  
MORRO BAY, CA 93442  
(805) 772-7466

HOURS OF OPERATION:

MONDAY—FRIDAY 5:30AM—10PM  
SATURDAY 7AM—7PM  
SUNDAY 8AM—6PM

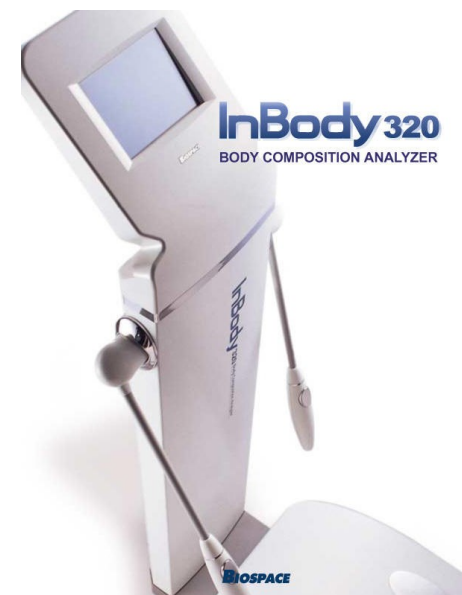
VISIT US AT:

[WWW.FITNESSWORKSMB.COM](http://WWW.FITNESSWORKSMB.COM)



*We're excited to offer...*

**INBODY®  
BODY COMPOSITION  
ANALYSIS**



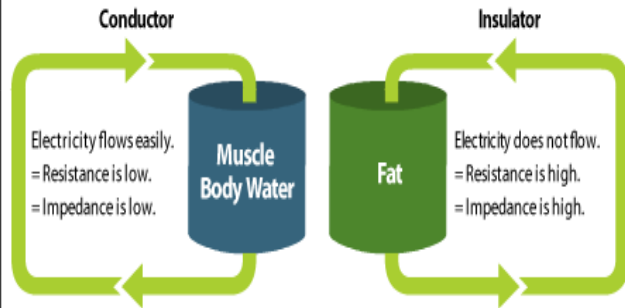
# ALL ABOUT INBODY®

*A quick, non-invasive,  
and accurate measure of  
your body's balance.*

## WHAT IS BIOELECTRICAL IMPEDANCE?

Bioelectrical Impedance Analysis (BIA) is “an easy-to-administer and safe method of assessing body composition in a fitness setting. BIA involves passing a small electrical current through the body and measuring the impedance or resistance to current flow.”

~American College of Sports Medicine (ACSM)



*The InBody® will look  
beyond the number on the scale.  
What's your body really made of?*

## WHAT DO I NEED TO DO?

1. Abstain from eating or drinking within 4 hours of the assessment.
2. Avoid moderate or vigorous physical activity within 12 hours of the assessment.
3. Void completely before the assessment.
4. Abstain from alcohol consumption within 48 hours of the assessment.
5. Ingest no diuretic agents, including caffeine, prior to the assessment unless prescribed by a physician.
6. Do not shower directly prior to your assessment.
7. Women should *not* be assessed during their menstrual cycle due to added water weight.

## IS IT FOR EVERYONE?

Do not use this machine if you have a pacemaker or any other internal electronic medical devices.

Any other metal parts (total hip replacements, total knee replacements, pins, etc.) will affect the results of this test.

For these individuals, please see our personal trainers regarding a skinfold body fat assessment.

## PRICING

InBody® test and analysis:	\$30
Initial InBody® test and follow-up test:	\$55

All assessments  
are conducted  
by trained  
FitnessWorks  
personnel.



**FREE**  
**ANALYSIS WITH ALL PERSONAL  
TRAINING PACKAGES AND  
NEW 1 & 2 YEAR MEMBERSHIPS.**

**PLEASE SEE OUR MEMBERSHIP  
DEPARTMENT FOR MORE  
DETAILS.**