

## Find Out What You're Made Of

Fitness Incentive Offers Two Ways to Gain Accurate Information About Your Body Composition

InBody Body Comp Analysis and Styku 3D Body Imaging

### In Less than a Minute

InBody is the latest, most cutting-edge assessment tool available. In less than a minute, InBody will change the way you see yourself. It's the device that looks right through you and delivers in-depth, comprehensive analysis data like no other assessment method.



### Body Composition Testing and Beyond

The InBody 570 goes beyond traditional body composition analysis. It not only analyzes how much fat and muscle you have, but it also measures your Total Body Water and divides it into Intracellular Water

and Extracellular Water, values important for understanding a user's fluid distribution in wellness and fitness contexts. Watch the video below to learn more:

#### No Estimations

Impedances—and only impedances—the currents encounter are measured in order to determine accurate body composition. No empirical estimations (such as age or gender) are used or required to express your body composition.

#### 45 Second Test

Measure your fat, muscle, and water levels in less than a minute, with none of the discomforts associated with traditional body composition assessment techniques. No dunking. No pinching. Simply stand on the device and hold the hand electrodes. Safe, low-level currents are sent through the body via the hand and foot electrodes.

#### Bioelectrical Impedance Analysis

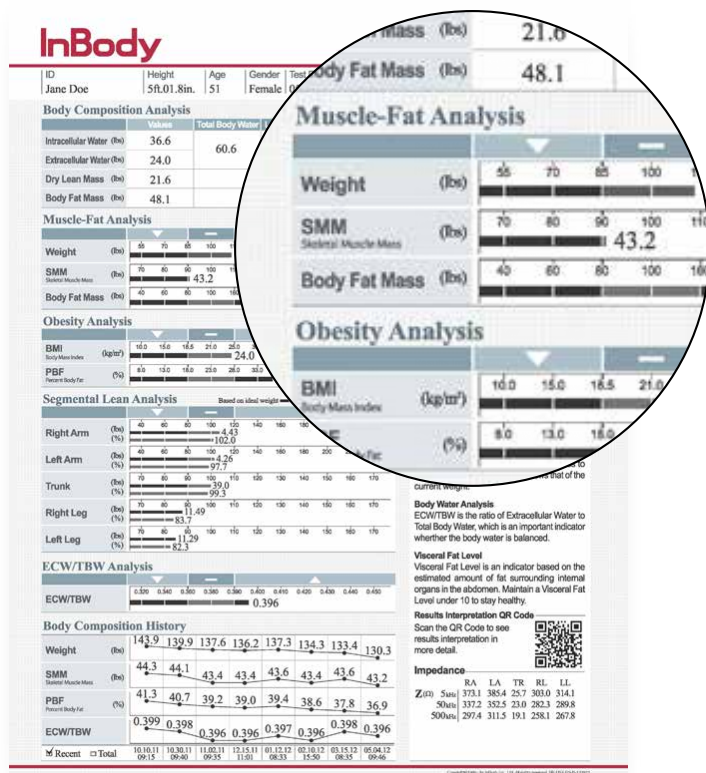
Safe, low-level currents are sent through the body through the hand and foot electrodes. The impedance the currents encounter are measured, and from there, your body composition is derived. With InBody's patented technology, BIA has never been more highly correlated with gold standard methods until now.

## Explore the Results Sheet

Each InBody Test will print out a full-page results sheet detailing the muscle, fat, and water values of the user. The InBody 570 provides you with lean mass and fat values in each segment of the body to give you a proper assessment of body composition.

## Segmental Fat And Lean Mass Analysis

Identify how many pounds of lean mass and fat are in each body segment. This can be utilized to determine how specific diets and exercises are affecting the body composition.



## What to Expect

After your free initial assessment, you'll be able to purchase additional InBody Assessments. InBody scanning will also be included free with all Personal Training Packages.

Speak to your trainer about scheduling your InBody scan.

## Injury Identification

You can identify and track inflammation, swelling, and even injuries with ECW/TBW Analysis while monitoring how this ratio changes over time under the Body Composition History chart.

For the most accurate results, it is recommended that the following guidelines be observed:

- Hydrate well the day before
- Do not drink caffeine on the day of your test
- Do not eat for 3-4 hours prior to testing
- Do not exercise 6-12 hours prior to testing
- Do not take InBody Test after a shower or sauna
- Do not consume alcohol for 24 hours prior to testing
- Ensure access to both feet with removable footwear (no socks or pantyhose)

## Picture Your Progress In 3D With Styku

Styku is truth, and truth is power. There's never been a more powerful, precise, and complete presentation of physical assessment data than Styku—it is 76% more precise than measurements from the most skilled hand-measuring experts. A sophisticated 3D scanning mechanism, Styku collects and displays levels of fitness both in traditional numerical terms but also through stunning 3-dimensional

### How is Styku done?

Tape measures, painful calipers, and hand-held analyzers of questionable accuracy are all replaced by Styku. Styku is quick and non-invasive: you simply stand on the Styku turntable—relaxed and facing forward with arms slightly extended—and hold still for 30 seconds while the platform revolves. Styku captures millions of data

modeling. Measurement data, shape, body composition, and other information are processed and displayed so you can track real changes in your body as it responds to exercise and nutritional guidance. You'll see yourself as you really are, and you'll see your progress as you've never seen it before. Watch the video below to see STYKU in action.



points and 600 infrared images, and after the scan is complete, Styku displays an accurate 3D model of you that's viewable from a variety of perspectives. You can rotate, pan, zoom, and nest silhouettes to see real progress. It's an honest, objective way to measure yourself as you progress toward your health and fitness goals.

### Mirrors distort. Clothes conceal.

**Styku is truth.** See the true you – Get “STYKUed!” Stop by the front desk or fill out the form below to request a STYKU Scan appointment...

## What to Expect at Your Styku Appointment

Styku appointments will be approximately 15 minutes and include the scan and data evaluation. A detailed Styku report will be emailed to you, and your data will remain in the system for comparison with future scans. The dress code for Styku is simple: minimal and form-fitting, and options include sports bras, form-fitting tights, leggings,

underwear, and form-fitting swimwear. Loose fitting clothing will result in inaccurate measurements. Socks should be light colored or removed. You'll also need to remove your shoes, hat, watch and jewelry. Longer hair needs to be pinned up. Plan on attending your assessment “dressed to be assessed” by wearing the proper assessment attire.