

THE TRUTH ABOUT BMI

BMI WAS NEVER INTENDED TO BE USED ON INDIVIDUALS

- It was created to assess the collective weight of a population.
- BMI offers no unique measurement for things that influence body weight (fat, muscle, water).
- It is the measure of choice simply because of ease of use.

BODY COMPOSITION ANALYSIS

A simple 20 second test can tell you exactly what your body is made from.

BCA is the first step to designing nutritional and fitness goals for your body.

**GET TESTED TODAY
AND FIND OUT
YOUR NUMBERS!**

