

BODY COMPOSITION TESTING

WITH OUR TANITA IN-SCAN SCALE

Test to find out your BMI, muscle mass, bone density, body fat, water weight, and more! Understanding your body composition is an important aspect of tracking your health and fitness goals.

ADDITIONAL INFO

- ✓ Testing from June 23 - 27, 10am - 2pm
- ✓ Staff will assist with collecting and reading data
- ✓ Charts to compare your score to norms
- ✓ Test is repeated every 6 months
- ✓ No appointment necessary - please arrive in gym clothes and be prepared to remove socks and shoes



FOR MORE INFO VISIT
fitprc.com

Located above the Gateway Cafe
at 7677 Gateway Blvd., Newark CA