



Optimize Your Health with Body Composition Analysis

How are you tracking your fitness progress?

If you're like most people, you step on your bathroom scale when you want to assess your health.

But doesn't it feel like none of your plans to get healthier work out the way you expected them to?

Doesn't it seem like that new diet or exercise you've been trying only helps you lose weight temporarily, and sometimes, you end up gaining even more weight?

That's because your bathroom scale is misleading.

Ditch the scale

Weight loss is not the same as fat loss. As we age, we naturally lose some of our heavy, dense muscle mass, and a lower number on the scale doesn't always mean we're in peak condition.

The key to physical fitness is **losing excess body fat**, not overall body weight.

Instead of tracking how heavy you are, use body composition analysis to track how healthy you are.

See what you're made of

You are much more than one standardized number. Your weight is made up of muscle, fat, bone, and water, and the proportions of these different elements are known as your body composition.

When you take a body composition test on the InBody 580, it shows you how many pounds of muscle, fat, bone, and water you actually have.

Armed with this data, you can make **little adjustments that lead to major long-term improvements.**



The InBody 580 performs segmental analysis, assessing each limb and your trunk to reveal its muscle mass, body fat, body water balance, and cellular health. This gives you insight into:

- Your current health status
- Potential areas of inflammation
- Your risk of chronic disease
- Which exercise and nutrition plans will be most effective for *you*

Take control of your health.

The InBody 580 analyzes your body composition in just 30 seconds and provides you with comprehensive results that you can use to track your health journey.

By monitoring your Result Sheet printout or the InBody App, you'll be able to note any changes in:

- Skeletal Muscle Mass
- Percent Body Fat
- Segmental Body Water
- Visceral Fat Area
- Cellular health (via Segmental Phase Angle)
- Hydration levels (via the BIVA Graph)
- And more!

Use the customizable Body Composition History to **personalize which outputs are displayed** and see how specific outputs, such as Percent Body Fat, change over time.

Take an InBody Test every two to four weeks to continuously monitor your progress towards your fitness goals.

We recommend signing up for a free consultation with every InBody 580 Test to find out how body composition analysis can help you hit your goals faster!

To learn more about InBody devices, visit www.inbody.com.