



BODY ANALYTICS

HYDROSTATIC BODY COMPOSITION TESTING

Coming to:

Union Yoga & Strength

Bust a Move CrossFit

Hollywood Park

Wednesday, November 8th 4-7 PM

\$49 per person

Please sign-up using the link below:

<http://bit.ly/hollywood-ba>

Payment info: cash or checks preferred; cards accepted except American Express

Testing results include four pages with accurate assessments of:

- **Lean Body Mass (Muscle, Bones, Organs, Tissue)**
- **Body Fat Percentage**
- **Resting Metabolic Rate (Calories used at rest daily)**
- **Target weight loss goals**

Until now, hydrostatic body composition testing was only available at a few universities and hospitals. It is now available at this facility.

You will be submerged in water with your nose and mouth just slightly out of the water. You need to bring a swimsuit and a towel. No T-shirts or loose clothing should be worn. Please bring swim cap if you use gel or lotion on your hair. We have a private dressing room on board. The test takes less than 10 minutes.

For your comfort the lab is air conditioned in the summer and heated in the winter. The water is heated to between 88° and 94°, depending on the season and chemically treated for cleanliness to meet all local swimming pool and hot tub requirements of the local health department.

Eating within 2 hours before the test may affect your results by up to 1 1/2%. Therefore, we advise you to not eat within two hours before the test. Working out and drinking water is okay. You should try to use the restroom and take a shower if possible.

Contact Tim@BodyAnalyticstx.com or visit www.bodyanalyticstx.com





BODY ANALYTICS

HYDROSTATIC BODY COMPOSITION TESTING

Coming to:

Union Yoga & Strength

Bust a Move CrossFit

Huebner Oaks

Thursday, November 16th 4-7 PM

\$49 per person

Please sign-up using the link below:

<http://bit.ly/huebner-ba>

Payment info: cash or checks preferred; cards accepted except American Express

Testing results include four pages with accurate assessments of:

- **Lean Body Mass (Muscle, Bones, Organs, Tissue)**
- **Body Fat Percentage**
- **Resting Metabolic Rate (Calories used at rest daily)**
- **Target weight loss goals**

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