



**REGISTER HERE**

**(405) 329-5050**  
**SMAGEE@NRH-OK.COM**  
**10AM-5PM | MONDAY-FRIDAY**  
**(ASK FOR SHAWN OR MICAH)**

WE ARE LOCATED AT  
2301 36TH AVE NW  
NORMAN, OK 73072



## WHY SHOULD YOU TAKE AN **InBody** TEST?

**UNDERSTAND YOUR WEIGHT** When you measure your weight, what are you actually seeing? Weight alone is a poor indicator of health because it does not distinguish fat from muscle. The InBody divides your weight into water, muscle, and fat.

**SET YOUR GOALS** BMI is an inaccurate way of measuring how healthy you are. Instead, focus on your body fat to weight ratio, also known as percent body fat. Measuring your Percent Body Fat allows you to better your health from the inside out so you focus on fat loss and not just weight loss.

**MEASURE YOUR STRENGTH** How much muscle do you have in your arms? Your legs? Discover how many pounds of lean mass you have distributed in each portion of your body. See which exercises bring out the best results and get balanced gains.

**TRACK YOUR PROGRESS** Knowing how much fat and muscle you have is only the beginning. With your baseline set, continuously taking the InBody Test allows you to monitor and track the changes in your body.

**InBody 570 Body Composition Analyzer** The InBody 570 provides accurate body composition analysis in less than 45 seconds, providing information about visceral fat, segmental fat, intracellular water, and extracellular water. Its sleek design, versatility, and intuitive user interface make the InBody 570 an essential tool in health management.

### **BEFORE APPOINTMENT...**

**DO:**

- Hydrate well the day before
- Use the restroom immediately before
- Wear athletic clothing; socks and shoes will be removed for test

**DO NOT:**

- Exercise for 6-12 hours
- Eat 3-4 hours
- Consume alcohol or caffeine for 24hours
- Shower or sauna immediately before
- Use lotion or ointment on hands or feet

**For more information about the InBody, go to [INBODY.COM](http://INBODY.COM)**