



**EVOLT 360**



**InBody**

# Body Composition Analysis

Provided by EVOLT 360 Body Analysis Machine & InBody

- **Know your strength** – Understand muscle mass and how training can affect muscle.
- **Understand calories** – Learn your body's caloric needs which allow you to nourish your body according to your goals.
- **Learn body composition** – From body to skeletal and lean muscle mass, knowing these numbers will help you learn how to build a fitness routine for your goals!

## Scan Recommendations:

- Best results achieved when fasting; water is ok.
- Do not consume caffeine or caffeine products.
- Please note that shoes & socks must be removed to complete the scan.
- Any individuals with a pacemaker or experiencing pregnancy are **unable** to scan.

**Cost: \$30 per scan**

*Credit Card payments only. Payment is due at time of service.*

*Available on a limited basis during onsite biometric screenings. Machines may differ by location, brought to you by Active Wellness.*