

Body Composition Analyzer

## What is the InBody Test?

What does your weight really represent? When you step on a scale, you can't see how much muscle, fat, or water you have—all you see is a number with no context.

Go beyond the scale with the InBody Test, a non-invasive, quick, and accurate body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water. Your comprehensive test also comes with a 15 minutes consultation with a registered dietician.

Get results you can trust so you can reach your health and fitness goals with precision and actionable objectives!



**\$25 for an  
initial test,  
includes a  
15 minute  
consultation!**

**\*See reserve side for instructions on how to prepare for your test\***



10833 Donner Pass RD, Suite #102, Truckee  
(530) 587-3769 | centerforhealth@tfhd.com  
[TFHD.com/wellness-events](https://www.tfhd.com/wellness-events)



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## Preparatory Steps

Follow these simple steps before your InBody Test to ensure consistent testing conditions and the most accurate results:

- DO** maintain your normal fluid intake the day before
- DO** stand upright for at least 5 minutes
- DO** remove any socks or pantyhose
- DO** remove all heavy accessories like jewelry, watches, and jackets
- DO** warm yourself up for 20 minutes in cold weather
- DO** use the restroom
- DON'T** eat or exercise for at least 3 hours
- DON'T** consume alcohol or excess caffeine for at least 24 hours
- DON'T** shower or use a sauna
- DON'T** use lotion or ointment on your hands and feet

**If you have one or more of the following you are not eligible for the test**

- Prosthetic limbs
- Artificial Electrical Implants (pacemaker or defibrillator)
- Currently Pregnant
- Currently Menstruating

Call 530-587-3769 to schedule your InBody test today!



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