

InBody520

THE COMPREHENSIVE BODY COMPOSITION ANALYZER

Throw away the scale and sign up today for your comprehensive body composition analysis! Utilizing the latest technology, the InBody 520 provides the accurate measurements you need to determine your fitness level. Sign up at the member services desk or by calling the Institute for Healthy Living at 903-323-6500.

Measurements Include:

- Weight
- Lean Body Mass
- Body Fat Mass
- Total Body Water
- BMI
- Percent Body Fat
- Basal Metabolic Rate
- Fat Control

\$15
Members

\$25
Non-Members



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Core Technology

Direct Segmental Measurement

Biospace's patented technology ensures accuracy by producing impedance values for all 5 segments (4 limbs and the trunk).

Accurate impedance measurement of the trunk segment is vital in body composition measurement. Unlike other BIA devices that estimate this section, the InBody directly measures it.

Multi-Frequency Measurement

Multi-frequency measurement provides precise body water values, including ICW (Intracellular Water) and ECW (Extracellular Water).

Measurement of both the ICW and ECW values improves the InBody's accuracy far beyond other BIA devices that only measure the ECW water.

Patented 8-Point Tactile Electrode System

Enhances accuracy by fixing the measurement location of current and voltage. The fixed measuring location creates high reproducibility and eliminates human error caused by varying electrode placement.

No Use of Empirical Estimations

With the advances Biospace has made (direct segmental multi-frequency 8 point tactile electrode method), there is no need to use empirical estimations. No estimation is needed due to the accurate segmental measurement of the trunk, arms and legs available only with the InBody.

Because gender, age, and body type do not affect the results, the InBody is accurate on all body types.

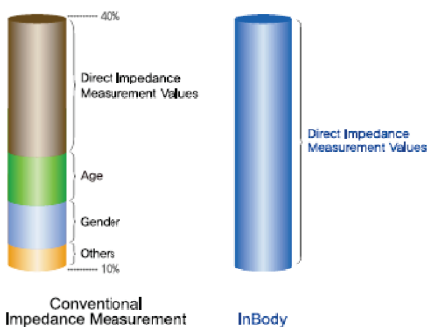
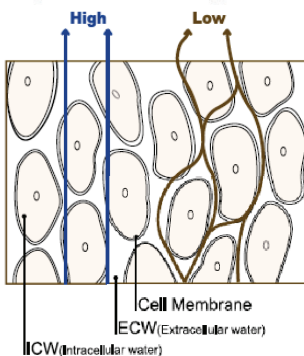
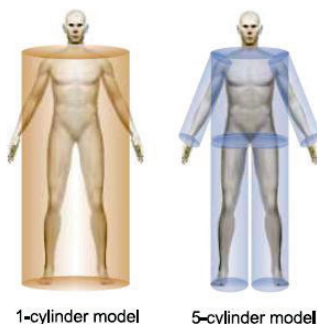
Day of the Test

Don't:

- Eat within two hours
- Exercise prior to the test
- Take the test on your menstrual cycle

Do:

- Use the restroom before the test
- Remove all jewelry
- Wear light type clothing



Outputs

- Weight
- Lean Body Mass
- Body Fat Mass
- Intracellular Water
- Extracellular Water
- Total Body Water
- Extracellular and Total Body Water Ratio (ECW/TBW)
- BMI
- Percent Body Fat
- Basal Metabolic Rate (BMR)
- Segmental Lean Development
- Dry Lean Mass
- Fat Control
- LBM Control



Session Protocol – InBody

Prepare for your BIA test by adhering to the following instructions:

- *Do not eat for 2-4 hours prior to testing*
- *Do not exercise 12 hours prior to testing*
- *Do not consume alcohol for 24 hours prior to testing*
- *Hydrate properly the day before*
- *Do not drink caffeine on the day of your test*
- *Insure access to both feet with removable footwear (no socks or pantyhose)*
- *Do not wear jewelry- all jewelry will have to be removed prior to testing*
- *Armband must be removed*
- *Do not put lotion on your hands and feet*
- *Do not use sauna or take a shower immediately before measurement*
- *Measure after standing for 2-5 minutes*
- *Keep room temperature at 68 ~ 77 °F(20 ~ 25 °C)*
- *For females, avoid having measurement during menstrual period as total body water will be higher than normal (increase in extracellular water)*