



Feel Better Lounge
RVA

InBody Body Composition Analysis

How are you tracking your fitness progress?

Weight loss can be an important method in trying to live a healthier lifestyle. Oftentimes we use a bathroom scale to help us track how much weight we're losing. But doesn't it seem like that new diet or exercise you've been trying only helps you lose weight temporarily and sometimes you end up gaining even more weight? Doesn't it feel like nothing is really working out the way you had expected? [That's because your bathroom scale is misleading.](#)

Ditch the scale.

Your weight is made up of muscle, fat, and water. The key to effective weight loss is **losing excess body fat**, not overall body weight. Weight loss is not the same as fat loss. Instead of tracking how heavy you are, use body composition analysis to track how healthy you really are.

Body composition analysis is key.

Body composition analysis refers to measuring your body composition, generally known as your body muscle, fat, and water. Instead of focusing on a single number on your scale, body composition analysis allows you to [focus on losing body fat and gaining muscle](#) while retaining the proper amount of body water in specific areas of your body. Body composition analysis is the key to tracking and maintaining effective weight loss. Lose weight smarter, healthier, and happier like never before.

Take control of your health.

The **InBody** 270 accurately measures your body composition in less than 15 seconds and prints out a results sheet which lists out your body composition components, tracking your progress over time. This device shows you key components of your health like your:

- ◆ Skeletal Muscle Mass
- ◆ Percent Body Fat
- ◆ Body Fat Mass
- ◆ Basal Metabolic Rate
- ◆ Segmental Lean Body Part Analysis
- ◆ Body Composition History Charting

Take your **InBody** test every 2 to 4 weeks to continuously monitor your progress in an evidence-based fashion. Each initial **InBody** test is free, and follow-up tests are included with our weight loss programs. If you'd like to be tested regularly outside of our weight loss programs.

Each test after your initial free analysis is \$40, or 5 tests for \$175.