

## DID YOU KNOW?

Thanks to technological advancements, **InBody** does not use empirical estimations based on age, gender, ethnicity, athleticism, or body shape.

This allows **InBody** to provide more accurate and precise results.

**InBody** devices use an advanced form of Bioelectrical Impedance Analysis (BIA) to measure body composition.



## WHAT IS BODY COMPOSITION?

Body composition describes what the body is made of including fat, protein, minerals, and body water.

Body composition analysis can accurately show changes in fat mass, muscle mass, and body fat percentages.

**SEE WHAT  
YOU'RE  
MADE OF.**



**Biomedical technology that  
simplifies the understanding  
of your health and wellness.**

**InBody**  
See what you're made of

- Set starting points, target areas, and attainable fitness goals
- Enhance the success of weight management programs
- Motivate employees to participate in wellness programs and maintain high levels of engagement
- Motivate yourself by tracking your progress every step of the way

## DOWNTOWN BRANCH

146 Arsenal Street  
Watertown, NY 13601

For questions or to schedule an appointment, please contact:  
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WATERTOWN FAMILY YMCA

**InBody**  
See what you're made of

» **PRECISELY  
TRACKS FAT  
LOSS AND  
MUSCLE GAIN**



**THE**  
Better With  
*Every Visit*  
**PLACE**



# InBody

See what you're made of

## LOCATION

Downtown and Fairgrounds Branches

## ELIGIBILITY

- **TWO FREE** scans per year included with all YMCA memberships
- Cost per additional scan\*:
  - Members \$25.00
  - Non-Members \$50.00

\*YMCA membership not required

## DESCRIPTION

**InBody** provides members with accurate and precise results that have been extensively validated to gold-standard methods.

To date, **InBody** devices have been used in over 2,500 research studies.



Every **InBody** test includes a full-page result printout that details muscle, fat, and water measurements and highlights specific areas to focus on.

### 1 Track Changes Over Time

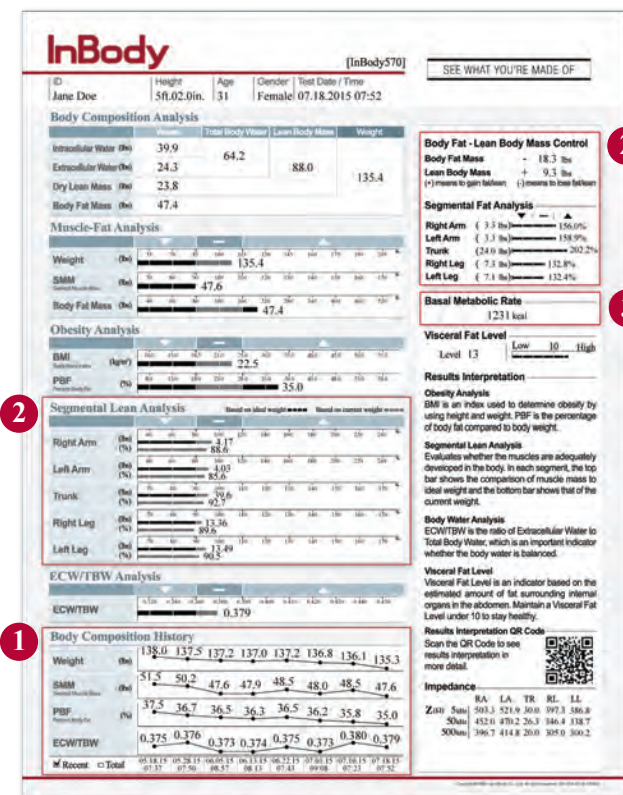
Monitor how you are doing overtime with the Body Composition History section that highlights positive changes in muscle & fat.

### 2 Strategize and Target Problem Areas

Optimize programs by identifying muscle or fat imbalances with the Segmental Lean and Fat Analysis section. Utilize the Body Fat - Lean Body Mass Control to provide a general baseline for goal setting.

### 3 Design Nutritional Plans with Power

Create an individualized daily caloric intake and meal plan using an accurate measurement of the Basal Metabolic Rate. No more guesswork in deciding how many calories you need to reach your goal.



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