



Body Fat Test

Mobile Hydrostatic Body Fat Testing Clinic

GET TANKED

Test Benefits:

Hydrostatic Body Fat Testing is universally considered “The Gold Standard” of body fat testing, to which all other methods still compare. When you lose weight, it is essential that you lose body fat, not muscle. Muscle loss can slow down your metabolism, making it harder to lean up. Periodic testing using our database program will help you compare and graph your short and long term fitness goals. In only ten minutes, you will receive a 4 page personalized printout that will give you the tools you need to succeed!

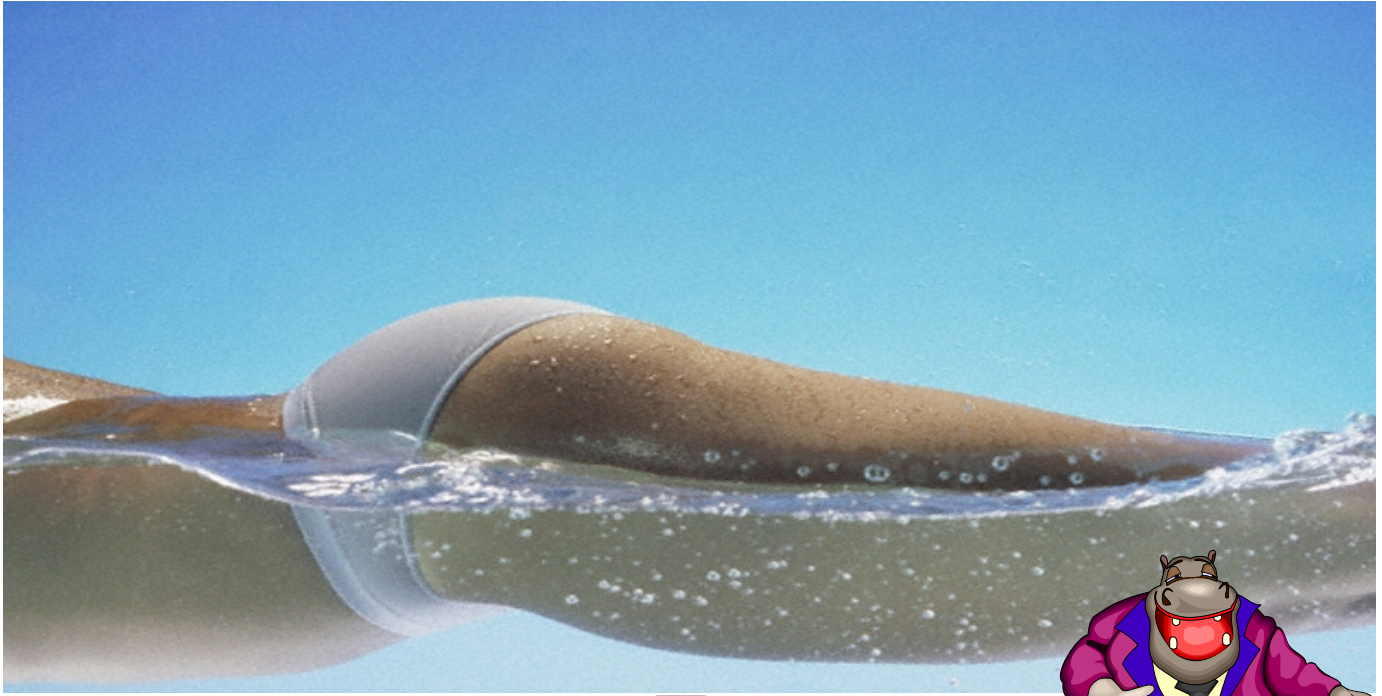
Until now this extremely accurate method was only available at a few universities. It is now available to you. We will return to your facility regularly to track your personal fitness progress.

Your “custom” report will show:

- Your body fat and lean percentages.
- Your long term health prognosis.
- What your Body Fat Percentages should be for optimal health.
- How much fat, if any, you need to lose to reach your goal.
- We provide an accurate reading on your metabolism. (Basal Metabolic Rate).
- Personal Caloric intake and expenditure chart, so you can actually tell how many calories you burn during a normal day.



To learn more go to www.BodyFatTest.com



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You will totally submerge yourself in water for only a few seconds. Simply count from one to five while underwater. You are in complete control.

You need to bring a swimsuit and a towel. No T-shirts, leotards or thongs should be worn. Eating within 2 hours before the test may affect your results by up to 1 1/2%, but no more. Therefore, we advise you not to eat within two hours before the test. Working out and drinking water is okay. You should try to use the restroom and take a shower if possible. Also, please do not have large amounts of makeup, or hair gel on when taking the test.

The water is heated to between 89° and 94°, depending on the season. The water is also chemically treated for cleanliness to meet all local swimming pool and hot tub requirements of the local health department. We also replace the water every night.

A trained technician will be with you every second of the test. You will have privacy and confidentiality during the entire test, which only takes 10 minutes. You may have a friend in the clinic at the same time watching if you wish.

After the test, you will receive a 4-page printout, which shows you where you are, where you should be, and what it will take to get there. You will have a realistic baseline to establish your fitness goals.

We have a private dressing room on board. For your comfort the lab is air conditioned in the summer and heated in the winter.