



BODY COMPOSITION TESTING

Have you ever wondered what your body fat percentage is or how much muscle you have?

The Weight Institute of New Hampshire has a sophisticated scale that measures body composition including fat mass, percent body fat, muscle mass, total body water, bone mass, basal metabolic rate, metabolic age and visceral fat mass. (The use of this scale is not allowed if you have an internally implanted medical device such as a pacemaker)

Cost: \$20 (includes printout of your readings and interpretation of the reading by a Registered Dietitian)

Time: by appointment only

Location: at the Weight Institute of NH (3rd floor MOB)

To obtain the best reading:

- Avoid measurements after vigorous exercise
- Empty your bladder before measurement
- Do not consume excessive food or fluid before measurement
- If you are pregnant, measurement of your body composition may be inaccurate



If interested, please call The Weight Institute of New Hampshire to set up an appointment:

(603) 527-2946