



## INBODY ASSESSMENT

- What is an InBody Assessment?
  - o The InBody assessment is a bioelectrical impedance scale that gives you an accurate prediction of your body composition breaking down your total body weight into different components. These components include total body water, skeletal muscle mass, body fat mass and more. You will receive a print out from the machine that you can take with you and use to monitor your progress over time.
  
- How many In-Body assessments can I get?
  - o You can get one InBody assessment each month if you would like. This allows you to monitor progress over time while still allowing you to see changes from one month to the next. InBody's done too frequently don't allow you to see changes.
  
- Is there a cost for an InBody assessment?
  - o One InBody assessment per month is included in the cost of your membership.
  
- What happens when I come in for an InBody Assessment?
  - o When you come in for an InBody assessment you will be asked to remove your socks and shoes. You will then be asked to stand on the scale. We will enter some basic information specific to you and instruct you to remain still. The whole process takes only a few minutes. Once the assessment is completed you will receive a print out of your results. You will feel nothing throughout the duration of the process.
  
- How do I book an InBody assessment?
  - o Assessments can be booked using the Fanshawe Fitness Centre app or at [studentwellnesscentre.ca](http://studentwellnesscentre.ca).