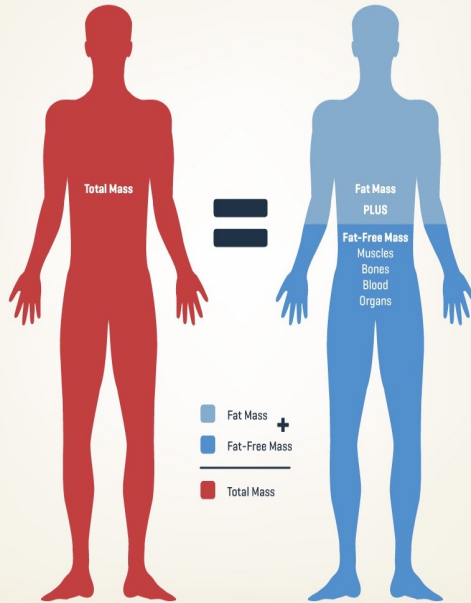
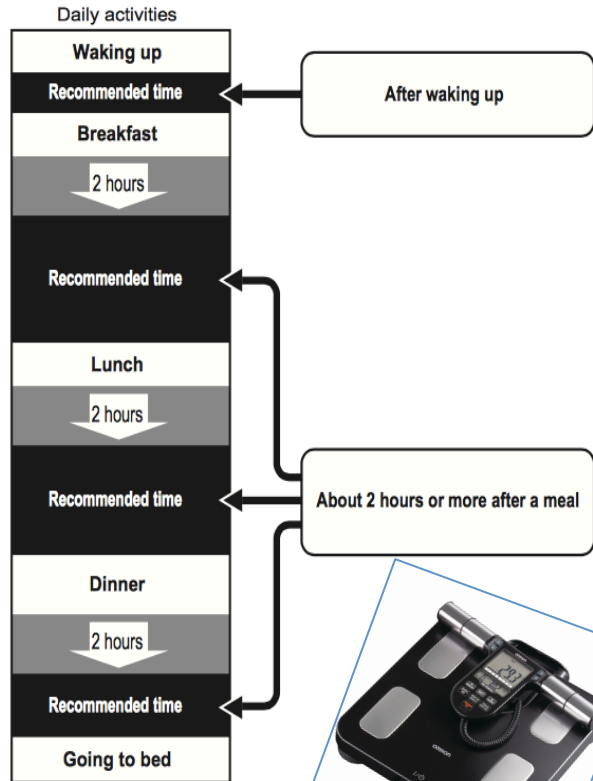


FULL BODY SENSOR



Recommended Measurement Times



Avoid Taking Measurements under the Following Conditions:

1. Immediately after vigorous exercise
2. Immediately after bath or sauna
3. After drinking a large amount of water
4. After eating a meal

WHAT

The **Full Body Sensor** measures:

BMI | Body Fat | Visceral Fat | Resting Metabolism | Skeletal Muscle | Body Age

Schedule your appointment online:
www.andrews.edu/wellness

HOW

How It Is Done:

1. When you arrive, you will be asked to take off your shoes and socks (you must be barefoot). In addition, any heavy clothing (jackets, sweater, etc.) will be asked to be taken off (you will keep your pants & shirt on).
2. You will step on a scale-like device with metal sensors and you will hold on to a handlebar with metal sensors. You will remain in this position for a couple of minutes whilst assistant records your results.
3. That is it!!!

How?

Omron's algorithm focuses on the Bioelectrical Impedance Method as well as height, weight, age and gender.

Cost

\$3 per person
 cash or check only

Body Age

It is calculated by using your weight, body fat and muscle mass percentage.