



**Is your
body
really
on the
right
track?**



BODYCOMPOSITIONAUSTRALIA
@ HOLDSWORTH HOUSE | HEALTH

What gets measured, gets managed.



When you stand on the scales muscle, bone, skin, teeth, hair and fat are all being measured.

The only way to measure your success is to separate fat loss from muscle gain (i.e. Body Composition).

The motivational effect of tracking your body composition is powerful. Knowing your body composition or your clients body composition allows you to accurately measure changes and to become more specific in your goals and method of training.

Benefits

of a body composition scan:

- Disease prevention
- Increased quality of life
- Increased self esteem
- Knowing your ideal weight
- Weight control/reduce obesity
- Teaches healthier eating habits

Features

of a body composition scan:

- Bone density measurement
- Fast same-day results
- Exercise programming
- The most accurate method available to measure muscle and fat mass
- Calorie intake and energy expenditure targets

Call and Book on (02) 9331 7822

Address: Suite 3 / 32A Oxford St, Darlinghurst NSW 2010

www.bodycomposition.com.au