

# What is Body Composition?

Body composition is a method of breaking down your body into its core components: fat, muscle, and water. It gives you a more in-depth understanding of your weight and health, helps you track diet and exercise progress, and make any changes needed to meet your health goals.

## Why is it important?

Body composition is a more accurate measure of your weight and health than BMI because it divides your weight into fat, muscle, and water. It tells you exactly what you're losing, gaining, or maintaining. With body composition analysis, you can measure your fat and muscle mass, track your progress, and make any changes needed to meet your goals.

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◀ Open flap to view the sample Result Sheet

# What is InBody?

InBody is an advanced body composition analyzer trusted by top hospitals, universities, and professional sports teams. The InBody Test is accurate, fast, and non-invasive—simply step on the device, grab the handles, and in 15 seconds, you will receive a detailed printout of your body composition results that you can review with your InBody specialist.

Reach your health goals with InBody!

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[www.inbody.com](http://www.inbody.com)

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## Set Achievable Health Goals

Learn how the InBody Test helps you plan & meet your health goals!



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