

Fit-X San Diego presents:

# InBody Composition Analysis

Thursday, Feb. 13th  
6:00 - 7:00 AM

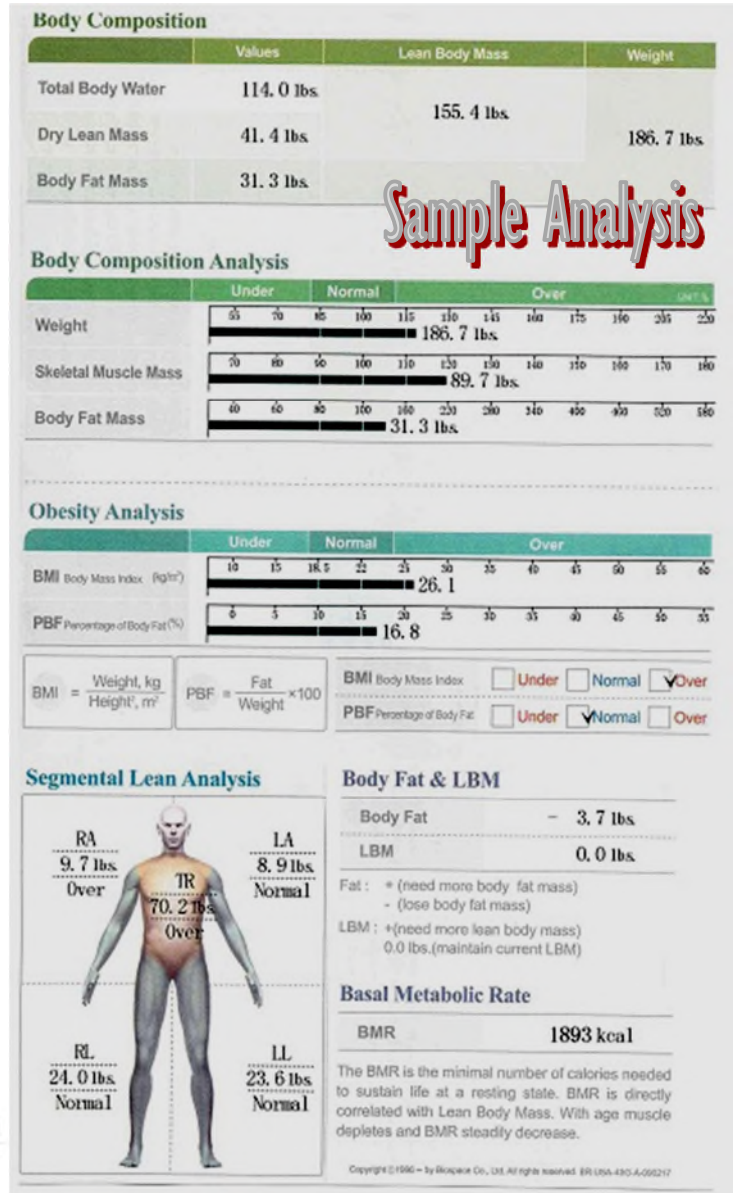
Please contact Heidi Verner  
at Heidi@fitxsandiego.com  
to schedule your appointment.

**\$39/person**  
Includes assessment, review of results,

This is all the InBody 230 -  
Body Composition Analysis can tell you  
All of this and more! 

### Get the Most Accurate Report:

- Do the analysis on an empty stomach or at least 3 hours after eating.
- Do not do it after you exercise or have increased activity.
- Do not do it shortly after a shower or consuming liquids.
- Do not wear any jewelry.
- **Do not do report if you have a pacemaker or internal electrical device.**



**Fit-X San Diego: Your Authorized Fitness Provider!**



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Fitxsandiego.com