



YOU`VE BEEN TRAINING HARD!

But... are you gaining muscle mass?

Is your body fat decreasing to a more desirable level?

Hopefully, you`re not burning up precious muscle mass instead of body fat in your efforts to lose weight!

Whether you`re a seasoned athlete or just starting to become more active, a scale is a useless tool to measure your progress. Changes in body weight don`t give you the information you need to ensure your diet and training regime are taking you in the right direction.

Measuring your body composition will let you know your body fat % and lean body mass %.

Measure your body composition for \$25.00

Measure monthly or bi-monthly with these savings packages to keep a closer eye on your progress:

3 measurements - \$67.50 (save 10%)
6 measurements - \$127.50 (save 15%)
12 measurements (1 year) - \$225.00 (save 25% =



To make an appointment, call:

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