

# Body Fat Testing

Fit-X San Diego and Q-Life Presents:

## Body Fat



## Testing and Measurements

- Tues. 8/5 11am-1pm Bldg S
- Tues. 8/12 11am-1pm Bldg WT
- Tues. 8/19 11am-1pm Bldg Q
- Tues. 8/26 11am-1pm Bldg AA



### “What will this include?”

- 10 second non-invasive Body Fat Test
- Plus...Girth measurements if wanted
- Information on how to get RESULTS
- Tips on getting started and maintaining
- Free testing

Receive hand outs and valuable information.

Please contact your Fitness Director Jessica Welch  
at e-mail [fitness.center](mailto:fitness.center) or Heidi Verner regarding personal training  
at [heidi@fitsandiego.com](mailto:heidi@fitsandiego.com) or 619-209-2800 ext. 8.