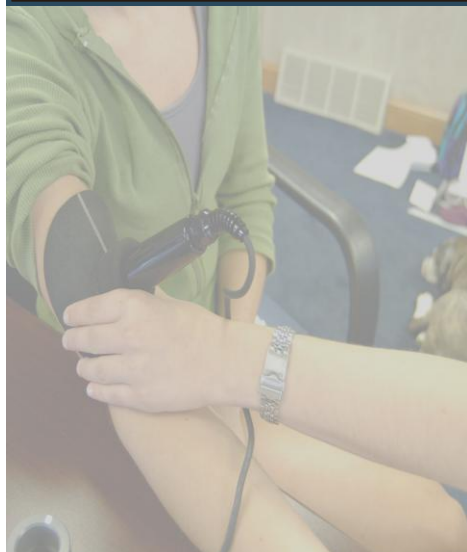


# Weight Management Screenings

Provided by AREUFIT Health Services, Inc



## OBESITY SCREENING

### *Obesity Screening*

Obesity can be assessed in many different ways, depending on the necessity for accuracy. Methods of assessing obesity are body mass index (BMI), waist circumference, waist-to-hip ratio as well as the measurement of percent body fat. According to the NIH, a 20% increase in body weight substantially increases the risk for hypertension, coronary artery disease, lipid disorders, and Type II diabetes.

## BODY COMPOSITION

### *Body Composition*

Body composition reflects the results of both physical activity and nutritional practices. Over time, people tend to gain fat and lose muscle without an obvious change in their weight. Even though we need a certain amount of fat in our bodies to insure good health, excess body fat has been found to increase the risk of many diseases.

## BODY GEM

### *Body Gem*

Body gem is a device that measures your resting metabolic rate (RMR). Knowing your individualized RMR will help to *personalize* your weight management, basic nutrition and/or overall health program and allow you greater success in reaching your goals.