



DEXA BODY - COMPOSITION TESTING

COTTONWOOD HEIGHTS REC CENTER
MARCH 25TH 8:00AM – 5:00PM

As part of our 2023 Fitness Fair, Cottonwood Heights Rec Center is excited to bring **Dexa Body** on-site for their first-round of 2023 health screenings. We encourage all of you to come get your body composition checked with the most accurate x-ray technology available. It's the perfect way to measure your muscle, fat, and bone density for precise tissue tracking and motivation. Look for their big, yellow mobile lab in our parking lot. They'll be back again later in the year for re-testing so let's make it our healthiest one yet!

- Test takes 6-12 minutes
- Individual is fully clothed minus shoes and jewelry/metal
- No dietary restrictions
- 8-page printed report
- Wellness consultation included
- Cost is **\$75** (single scan) or **\$99** (2-test package)
- We accept any form of payment, including HSA/Flex dollars

Use this link to register for a time slot:

<https://cottonwoodheightsreccenter.checkAppointments.com>

Mobile phone users scan this QR code to sign up →→→

Contact John with Dexa Body at (385) 881-0280 with any questions

**Dexa Body: A Better
Way to be healthy!**

✓ **99% Accurate
Tissue Analysis**

✓ **Muscle Mass**

✓ **Body Fat**

✓ **Bone Density**

✓ **Hidden
Visceral Fat**

✓ **Fast & Easy**



SCAN ME