

ARTA Wellness Committee

Body Composition Clinics

The ARTA Wellness Committee is pleased to provide information and support for body composition clinics hosted by ARTA branches. InBody composition clinics measure the relative proportions of various components of our bodies including body water, muscle mass, and body fat. The resulting measurements can indicate whether someone has health risks that could contribute to developing certain conditions such as diabetes or osteoporosis.

The committee encourages ARTA members to become more knowledgeable about their personal health by participating in a body composition clinic. Details follow for branches interested in organizing clinics and for members interested in attending them.

Open to all ARTA members on a voluntary basis, clinics focus on body composition awareness. Participation in a clinic helps individuals gain awareness of how personal body composition may affect their health.

Clinic Components and Benefits

Body composition clinics provide branch members with a private, confidential setting and access to a health professional for an assessment using a body composition analyzer called an InBody 230. The health professional explains the measurements of total body water, skeletal muscle mass, and the percentage of body fat.

Through the different composition measurements, members gain an increased awareness of associated risk factors and prevention strategies. They also have an opportunity to follow up with the health professional approximately six months later.

As part of an overall health strategy, this body composition clinic contributes to the following benefits:

- Becoming more intentional about health;
- Feeling supported to make lifestyle changes; and
- Improving and sustaining health with an enhanced quality of life today and tomorrow.



Member Information

Appointment Preparation

Before attending a clinic, prepare any questions that you have about nutrition, physical activity, mental health, or general health and follow these preparation tips:

- Avoid intense exercise twenty-four hours before your appointment;
- Know your height in feet and inches;
- Wear light clothing; and
- Remove jewelry and any health items you are wearing.

Contraindications

Please note that a scan is **not** recommended if you have a pacemaker or wear an electronic device. You may have a scan if you have an insulin pump or continuous glucose monitor, but be prepared to remove it for the scan.

During the Appointment

The scan on the InBody analyzer requires bare feet and hands. You will need to remove your socks or stockings.

The clinicians come from a variety of health profession backgrounds, so ask any questions you have about the scan or health issues.

After the Appointment

Store your results sheet in a safe place: **you have the only copy**. The ARTA Wellness Committee will **not** retain a printed copy.

Follow-Up Clinic

Book your follow-up appointment at the same time of day if possible. Bring your results sheet from your first scan because this allows for a detailed discussion with the clinician about changes and progress.

Branch Information

Organizing a Body Composition Clinic for Your Branch

To organize a clinic for your branch, review the available information and complete the following steps:

- Set dates for the initial and follow-up clinics;
- Secure a location for the clinics; and
- Complete an InBody Request form, available for download at www.arta.net/branches.

Costs

The ARTA Wellness Committee will cover the costs for the health professional, up to a total of \$2,000. Branches are responsible for organization and venue costs.

After the Clinics

Branches are expected to complete a concluding report and return it to the Wellness committee to assist the committee in accurate tracking and evaluation of the effectiveness of the clinics.

