

Frequently asked questions about.....

## **Body Composition (Body Fat) – Fit or Fat?**

### **1. What is Body Fat?**

Body fat is a reservoir of available fuel or energy needs. When we eat an excess number of calories, the body converts the “fuel” into a storable form (fat). When we eat an insufficient number of calories, the body takes some of the stored fat and metabolizes it into available fuel.

### **2. What is Body Composition testing?**

A test to determine how much of “you” is fat and how much is muscle. There is a clear relationship between excess body fat and increased risk of heart attack, hypertension, high cholesterol, diabetes and even certain types of cancer.

### **3. How is the test conducted?**

There is no pain, pinching, or disrobing! HealthFax uses the patented “Futrex” method by Seiko (the watch company). A near-infrared beam is pressed against the predominant bicep (the arm you write with) allowing light to enter the arm. From this measurement your body composition is measured.

*\*\* Please wear short sleeve shirt on the day of the testing.*

### **4. What kind of information do I need to provide to have my test done?**

Prior to the test, you will complete a short questionnaire asking you for your height, weight, frame size, and exercise level. Our staff can assist you in determining your frame size and exercise level.

### **5. What kind of results will I receive?**

Your results will include how many pounds of fat you have, how many pounds of muscle (lean mass) and your hydration level (water). You will receive a computerized print out along with an educational handout.

### **6. How do I order this service?**

Just let us know how many staff you want.... One, Two, Three ..... One person can test approximately 20 attendees in an hour. For large groups, you will want to order additional staff.

### **7. Do we need to provide electricity for this service?**

We prefer access to electricity for this test, but we do have the capability of using battery power (we bring our own extension cords, adaptors and batteries)

### **8. When time does the HealthFax staff arrive?**

Unless otherwise requested, HealthFax staff will arrive at your event one half hour prior to “start time”. They will bring everything that they need to set up for your event – except tables and chairs.

### **9. How do we pay for your services?**

HealthFax will send you an electronic invoice after the program. If you prefer a “paper hard copy”, just let us know.

### **10. When is the payment due?**

Payment is due in 30 days or less. Special arrangements can be made for large projects.

### **11. Can we do a “Split” billing?**

Sure.... Just let us know how much to invoice to each payor with their e-mail address.

### **12. Do you accept credit cards for payment?**

Yes, we accept Visa and Mastercard  
Directions to use this method of payment will be provided with the invoice.

### **13. Is there a Travel Fee added to the cost of the service?**

Travel Fees may apply to your event location.  
See [www.healthfax.biz](http://www.healthfax.biz) and go to Territory/Travel for travel fee locations.