

Frequently asked questions about.....

Body Composition (Body Fat) – Fit or Fat?

1. What is Body Fat?

Body fat is a reservoir of excess fuel stored within the body. When we eat an more calories than our body is able to utilize, the body converts the “fuel” into 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?

The is conducted utilizing "bioelectrical impedance analysis", which is, painless low-level electrical current that travels through your body. Based on the rate that current travels through the body a calculation is utilized to estimate fat-free mass.

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?

Contact Events@healthfax.biz and let us know how many staff you want....One, Two, Three... One person can test approximately 20 participants per hour. For larger events, you will want to order additional staff.

7. 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.

8. 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.

9. When is the payment due?

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

10. Can we do a “Split” billing?

Yes, we can accommodate split billing. Let us know how much to invoice to each payer with their contact information.

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 and go to Territory/Travel for travel fee locations.