

InBody Assessment Frequently Asked Questions

How much does it cost to do the assessment?

The assessment is free for all AFC standard members, \$20 for apartment members and \$75 for non-members.

How long does the assessment take?

The assessment will take approximately 30 minutes depending on how many questions you may have.

What can I expect during the assessment?

We will have you fill out an information sheet to help us learn more about you and your current exercise and goals. We will discuss your goals and give suggestions on how to best reach them. Then you will step on the InBody 570 to get your results which we will explain in detail.

What should I wear for an assessment?

You can wear comfortable clothes, casual or workout. You will need to be able to access bare feet and hands to use the InBody 570.

Where do I go for the assessment?

Stop by the front desk and let them know you are there for an InBody assessment. The fitness consultant will meet you by the front desk and bring you to a private office for the assessment. (Make sure you note which location you set your appointment for.)

How does the InBody 570 work? Does it hurt?

No! The InBody 570 uses small bioelectrical impedance to send frequencies through your body to measure fat, water, muscle, and minerals. You should not feel anything from the assessment and it only takes 45 seconds to complete the measurement.

How accurate is the InBody 570?

The InBody 570 is 98% accurate in comparison to the DEXA.

Are my results shared with anyone?

No, we keep your information private and it is only discussed with you.

How often can I take the InBody 570 assessment?

You can reassess every 3 months for free as a member. If you choose to assess sooner, there will be a \$20 charge. We allow every 3 months to give your body a chance to adapt to your new routine and make changes.