

# Book your BIA Assessment today !!!

Your **BIO-IMPEDENCE ANALYSIS** shows your measurement of **body fat** in relation to **lean body mass**..... an **integral** part of your 15 minute health / nutrition assessment ! You will also learn:

- ◆ **How toxic** your body is
- ◆ If you are **drinking enough water**
- ◆ How many **calories you are burning** in a day
- ◆ Your **real age** vs. your chronological age
- ◆ If you are **burning fat or muscle**
- ◆ **How healthy** your cells are

***Excess body fat can greatly increase the risk of heart disease, diabetes, cancer, etc.***

***Lowering your body fat helps reduce the risk of a variety of serious health conditions... Help your body to function properly for healthy aging !***



Now only  
**\$40**

Fully clothed, comfortable, painless and quick...the assessment is a very accurate measurement used to create an effective personalized plan for optimal health and a life-time of wellbeing !

**Ask for your BIA Assessment today!**

**Vitalia**  
HEALTHCARE

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