

Sole

Body+**Sole**



Know Your Body

As technology constantly updates and changes the world we live in, it also has an impact on how well we can know our body. An example is that instead of lengthy laboratory testing to attain information about your body composition (muscle, bone and fat) you can now get this information in just six minutes without even removing your clothes.

Body Composition Australia provides the gold standard of dual energy X-ray absorptiometry (DEXA) technology for accurate body composition assessment. The advantage to you is that you can track your fat loss and muscle gain in a reliable fashion. For more information call **(02) 9386 0201** or visit **www.bodycomposition.com.au**