



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR HEALTHY CONNECTION

Body Composition WALDO COUNTY YMCA



Timely and accurate measurements can have a positive effect on your health. This assessment differentiates between fat mass and lean mass and allows you to understand why clothes fit looser with only a small weight loss. To protect your modesty and for accessibility of the measurement sites, women should wear shorts and a sports bra (and a T-shirt if you wish), and for men, a tank shirt and shorts. A tape measure will be used to take a variety of body circumferences. Skin-fold calipers will be used to estimate body fat percentage. Do not exercise in the hours prior to your appointment for most accurate results. Efficient measurements can be quick and relatively non-intrusive. Sessions are 15-20 minutes in length. Consider scheduling additional appointments every three months. The accountability provided by periodic measurements helps to keep you on track with your fitness goals. All assessments are administered by a certified personal trainer.

Fees: \$10 Annual Members \$18 3-Month & Non-Members

WALDO COUNTY YMCA
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The Waldo County YMCA is a Charitable 501(c)(3) Organization

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