

Join us for our **Body Scanner night on Monday 10th November 3:00PM - 7:00PM at Plus Fitness Caringbah for FREE In-Body Scans for Plus Fitness Members!**

GETTING YOUR IN-BODY SCAN

PRIOR TO YOUR SCAN

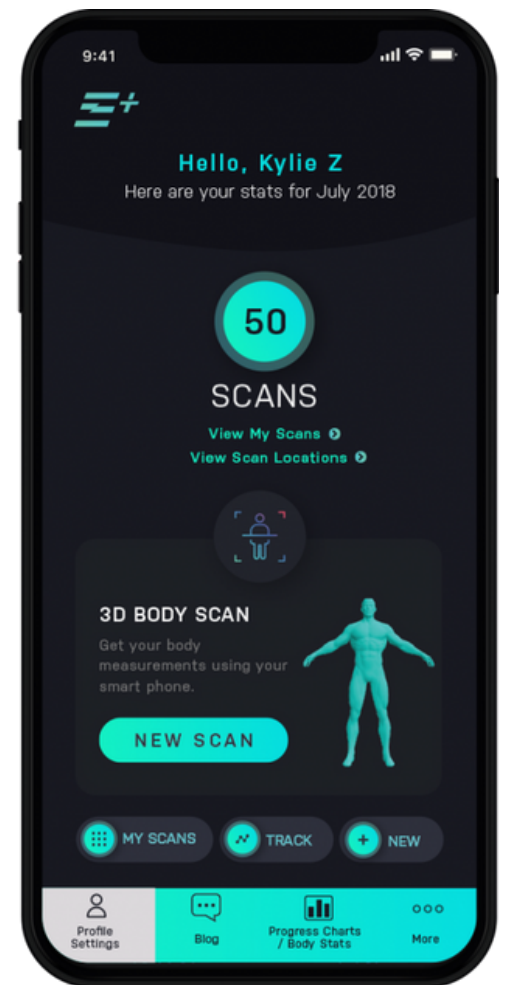
Step 1: Download the EVOLT ACTIVE APP Create your personalised profile before your first body scan. This will store your scan results and recommendations in the app, allowing you to track, monitor, and analyse your progress over time. Don't forget to remember your email and password for easy login! **Download now on the App Store or Google Play**

COMPLETING YOUR SCAN

Step 2: Visit the Scanner at Plus Fitness Caringbah

Location: 50 President Avenue, Caringbah NSW 2229

Scans are available during staffed hours:



MAXIMISE THE ACCURACY OF YOUR SCAN RESULTS

- Hydrate well before your scan.
- Avoid heavy meals and caffeine 1-2 hours prior.
- Avoid intense exercise or lifting weights 1-2 hours prior.
- Wear light clothing
- Remove all jewellery, shoes, electronic devices, smart watches and anything metal that can interfere with the scanner

AFTER YOUR SCAN

Step 3: Review your results in the Evolt Active App and use these insights to set your fitness goals. Need extra support? Reach out to your gym's Personal Trainers for guidance! We recommend having a body scan every 3 months to assess and track your progress.

EVOLT BODY SCANNER

The Evolt Body Scanner provides **detailed data with over 40 measurements in just 60 seconds**, making it easy to track your progress.

It's perfect for setting and hitting your fitness goals, whether you're building muscle, losing fat, or improving overall health.

Find out your:

Body Composition Analysis

- Body fat percentage
- Lean muscle mass
- Visceral fat levels (measurement of fat around organs, linked to health risks)
- Basal metabolic rate (BMR) (calories your body needs at rest)
- Total body water (TBW) (how hydrated you are)
- Bone mineral content (how much bone mass you have)
- Metabolic Age

Segmental Analysis

- Muscle mass distribution in arms, legs, and trunk
- Regional fat distribution (e.g., abdomen, arms, legs)

Individualised Recommendations

- Macronutrient and supplement recommendations based on your results and goals

Who Can't Get a Scan:

Not recommended for individuals who are pregnant or those with implanted medical devices (e.g., pacemakers).

Always consult your doctor if unsure.

