

INBODY SCAN & RECOVERY NIGHT AT PLUS FITNESS CARINGBAH

Join us for our InBody Scan Nights and gain a deeper insight into your body composition and track your progress.

PLUS, enjoy the opportunity to use our Recovery Zone area.

InBody Scan Nights:

Time: 3:30 PM – 7:00 PM.

Upcoming Dates:

- Monday 19th January
- Monday 16th February
- Monday 16th March
- Monday 20th April
- Monday 18th May
- Monday 15th June
- Monday 20th July
- Monday 17th August
- Monday 21st September
- Monday 19th October
- Monday 16th November
- Monday 21st December



Cant make it on the night?

No problem! Plus Fitness members* can receive a FREE InBody scan or use the recovery zone area at Plus Fitness Caringbah anytime during staffed hours.

Stay up to date with all our news and events, follow us on social media!

*Must be a Plus Fitness member at Caringbah, Hurstville, Ramsgate, Sutherland, Engadine or Menai

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.



GETTING YOUR 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:

- Monday - Thursday: 10:00am - 2:00pm & 3:30pm - 7:30pm
- Friday - Saturday: 10:00am - 2:00pm

Please present your FREE body scan voucher to the friendly team at reception to help you complete your body scan.

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.

