



Body Composition Testing

What is it?

A comprehensive snapshot of your internal body composition. It provides a precise breakdown of your muscle mass, fat tissue and body fat percentage.

How long does it take?

Maximum of 30 minutes. Test results are available the same day.

Why should I do this?

Customize your diet and training plan to build muscle or improve performance

Visualize and pinpoint the exact impact of a new plan; down to precise muscle gains and fat loss in specific areas of the body.

Optimize your program to suit your body's specific physiological response to your plan.

Work with your provider to identify long-term health risks, including diabetes, cardiovascular disease, hormonal imbalances, and more.

How much does it cost?

\$40—Insurance does not cover this test. Payment by cash, check or credit card will be required up front before test is performed.

Do I need a provider's order?

You do not need a provider's order. If you would like your provider to see the results, you will need to schedule an appointment with them as these results will not be available in your medical record.

Make an appointment by calling (308) 882-7240

Appointments are available on Tuesdays of every week.

Wear clothes without metal.

Cannot be pregnant.

If under the age of 19, you must have a parent's permission.