



BODY COMPOSITION TESTING/ BIOSIGNATURE

Yes the scale is one tool you can use to help monitor your fitness progress and hold you accountable, but the scale only matters when it's correlated with your body fat. That's why HPT believes in body composition testing to monitor changes in your body fat.

Body composition testing is the first step in our process of nutrition coaching. Weight and circumference measures are important, but they are only a piece of the puzzle. We go a step further by performing a 10-12 site body fat measurements every 3-7 days. The way your body stores fat communicates a great deal about your nutritional needs and lifestyle. Using biosignature modulation body fat testing methods, we are not only able to see what your problem spots are, but we are also able to assess what hormones may be too low or high. This allows us to maximize YOUR results by correcting hormonal imbalances through nutrition and the use of nutraceuticals.

Our body fat testing methods will help you gain insight on things the scale doesn't tell you:

- Your body fat.
- How much muscle you have.
- Identifying problem areas (i.e. where you store fat/ where you are out of balance)
- How to eat for your problem areas.
- Supplements to correct your problem areas and correct your hormonal imbalances.
- Why calories are only a small piece of the equation for fat loss; it's more about hormones