

## PERFECT FOR ANY GOAL

- ✓ Weight loss journeys
- ✓ Fitness progress tracking
- ✓ Muscle gain programs
- ✓ Wellness optimization
- ✓ Pre-body sculpting consultation
- ✓ Accountability check-ins

## POPULAR PACKAGES

- Body Scan + Weight Loss Consultation
- Body Scan + Nutrition Plan
- Body Scan + Fitness Strategy
- Monthly Progress Tracking Program

KNOW YOUR BODY.  
TRANSFORM WITH  
**CONFIDENCE.**



**NOVA**   
HEALTH AND  
WELLNESS CENTER

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# WHAT IS BODY COMPOSITION ANALYSIS?

## A Smarter Way to Measure Progress

Traditional scales only show total weight. Our Body Composition Analysis gives a deeper look at your body to help you understand:

- Body fat percentage
- Muscle mass
- Visceral fat levels
- Hydration balance
- Metabolic indicators
- Weight distribution
- Overall wellness trends

*This helps create a **customized fitness, nutrition, or weight loss plan based on real data.***

## HOW IT WORKS

### Fast. Accurate. Non-Invasive.

The analyzer uses safe bioelectrical technology to measure body composition in just minutes.

#### What the Scan Can Reveal:

- ✓ Fat vs. muscle ratio
  - ✓ Progress beyond pounds lost
  - ✓ Areas needing improvement
  - ✓ Hidden health risks from excess fat
  - ✓ Baseline for treatment programs
- Perfect before starting:



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### Why It Matters:

Knowing your numbers helps us guide you toward smarter results—faster.

- Weight loss programs
- Body sculpting treatments
- Fitness coaching
- Nutrition plans
- Wellness programs

## WHAT TO EXPECT

### Step 1: Quick Scan

Stand on the analyzer and hold the sensors (depending on model).

### Step 2: Instant Results

Your personalized body report is generated in minutes.

### Step 3: Consultation

We explain your numbers and recommend the best next steps.

- **Session Time: 10–20 minutes**
- **No downtime • No discomfort**

### Clients Often Learn:

- Why the scale isn't moving
- How much muscle they've gained
- Where body fat is concentrated
- What strategy will work best next

