

Hydrostatic Baseline Fat Testing

at The Alaska Club

- Considered the “Gold Standard” of Body Fat Testing administered by a trained professional.
- Results from the test will indicate not only your percent of body fat, but also your lean weight, fat weight, your future 6–8 week goal weight and percentage based on your age and gender.

How can I get accurate results?

- Practice expelling your air in a bathtub and holding your breath for 3–5 seconds a couple of days prior to the test.
- Plan on wearing swim attire that is light and small to avoid possible air traps; swim caps are unnecessary.
- Shower prior to the test; avoid lotions and oils. Long hair should be secured with a nonmetallic hair tie.
- Plan on having your body weight and height measured prior to the test.
- Test time is approximately 15–20 minutes.

	Member	Nonmember
Single session	\$25	\$35
Two sessions*	\$45	\$60
Four sessions*	\$80	\$120
Eight sessions**	\$120	\$200

The Alaska Club Midtown
630 East Tudor Road • 562-2460 ext. 123

NOTE: Cancellations must be received 12 hours in advance by calling 562-2460, ext. 123 to avoid a \$10 “No Show” fee.

*Expires 9 months from date of purchase.

**Expires 18 months from date of purchase.