

INBODY WORKGROUP CHALLENGE



What is the InBody Challenge?

We use our InBody to do pre and post assessments to determine your changes in body composition. [Click here](#) to watch the InBody Challenge Video!

How much would it cost?

Starting at \$20 per person (includes a pre and post InBody Assessment with the InBody). For an additional fee, option to add a variety of health & wellbeing elements to supplement your challenge. Please [contact us](#) for options and pricing.

Can the InBody be brought to our building for a weigh in/weigh out?

Yes – if you have at least 10 people that will be there. Each assessment takes about 2 minutes. Estimate 5 minutes per person. If there are 10 people we should plan for an hour of time. If a participant cannot make it to your workgroup assessment date/time they can schedule a time for their assessment at East End or SSC Wellness Center.

Is there a minimum amount of participants required?

Yes – there is a 10 person minimum if we bring the InBody to your workgroup. If you have less than 10 people you can schedule time to have your assessment done at East End or SSC Wellness Center.

How many weeks does the InBody Challenge run?

The length of the challenge can be anywhere from 6-12 weeks.

How do you determine the winner(s)?

The participant who has the highest InBody score at the end of the challenge wins. The score is based off of the change in body fat and muscle mass. Combining those changes provides you an InBody score.

What precautionary steps should be taken before the InBody Assessment?

To ensure consistent testing conditions and effective tracking of body composition changes, [follow these guidelines](#) before each InBody Test.

Do challenge participants have access to the Wellness Centers?

Challenge participants do **not** have access – [Click here](#) to see membership options!

Please note: Wellness Center does not provide nor distribute prizes. If your group wishes to include prizes for top placing participants in your workgroup challenge, your group/designated point person will be in charge of providing prizes.

Have more questions? Want to schedule a workgroup challenge?

[Contact us!](#)