



**IS MY  
DIET  
WORKING?**  
[www.ismydietworking.com](http://www.ismydietworking.com)

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The most common way anyone will determine if their diet or exercise program is working is by jumping on their scales and weighing themselves.

Even if you have lost weight on your scales, have you actually been successful??

When you weigh yourself everything is being measured; muscle, fat, skin, bone and even your organs.

ImpediMed Body Composition devices can determine if all of your hard work has paid off. This assessment can clearly show if you have lost, maintained or increased fat and muscle mass with your diet and exercise regime.

<http://www.ismydietworking.com>  
phone: 1300 727 445

The ideal way for you to know that you have lost or put on weight in the areas that count i.e. lost body fat or increased muscle mass is to have an ImpediMed Body Composition Assessment performed.

Regular assessment will ensure you achieve the result you were looking for.

To find the nearest gym or health professional who can perform your ImpediMed Body Composition Assessment please visit [www.bodycompositionassessment.com](http://www.bodycompositionassessment.com) or take this flyer to your current gym or trainer to get them on board with ImpediMed.

ImpediMed – ensuring you achieve the results you set out to achieve!