DEXA SCANS – TUESDAY 16TH JULY 2019
DEXA scans return to Macquarie University Sport and Aquatic Centre with booking times now available for Tuesday 16th July 2019.

As the Gold Standard in body composition analysis, DEXA provides you with a large volume of information regarding your individual body composition. A DEXA assesses total body bone mineral density and accurately measures an individual’s body muscle/fat ratio.

With a DEXA you’ll undertake a 15-minute, tell-all body-scan which will provide information on your body composition, fat percentage, visceral fat, lean muscle mass, bone density and much more.

Additionally, you will be provided with a three-page analysis detailing your result that our specialist will talk through with you, while suggesting what you can do to help attain your desired goal.

A DEXA scan is ideal for those interested in gaining accurate and personalised measurements with relation to weight loss, muscle gain, resting metabolic rate or how many calories they should be eating each day.

What results do I get?
- Muscle mass and fat mass in each region of your body (kg)
- Body fat percentage in each region of your body
- Estimation of Visceral Adipose (fat) tissue
- Estimation of Resting Metabolic Rate (RMR)
- Individual scan summary report contains recommendations for macronutrients, ideal weight and ideal fat

How to book:
Bookings are available online here. You’ll have your choice between a one-off analysis for $70.00 or a challenge pack (before and after) for $120.00
JULY MEMBER CHALLENGE – MAX DISTANCE SKIERG IN 5 X 30 SECOND INTERVALS
The member monthly challenge this July is the maximum distance travelled in 5 x 30 second intervals of the SkiErgs in the Health Club. Keen to take on the challenge? Here’s how you join:

How to join the member monthly challenge:
1) Challenge to be conducted on a SkiErg in the SGT Zone with a Personal Trainer present
2) Member to complete 5 maximal effort 30s sprints with 30s rest in between each interval
3) SkiErg must be set on level 10
4) Trainer will calibrate the SkiErg for 5 x 30/30 intervals
5) Total accumulated distance for the 5 sprints will be recorded on the leader board by the trainer

The member monthly challenge runs from Monday 1st July – Sunday 31st July 2019

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