

Body Composition Appointment – Instructions for Clients

Welcome to Kendall Anderson Nutrition Center! Here is the information you need to get started.

Location

- The Nutrition Center is in Room 114 of the Gifford Building (502 W. Lake Street).
- There is free street parking in front of Gifford, but it is often full.
- There is a parking garage just to the south east on the corner of Lake Street and Center Street. It is just north of the Hilton Hotel. The rate is \$1.25 per hour.
- There is an “A” lot to the west of the building; this is for employees but is free and open to the public after 4 PM. For additional information, refer to the CSU campus map: <http://parking.colostate.edu/maps/mapside.pdf>
- Bicycle racks are located at the NE entrance to the Gifford Building.
- Consider taking Max, which has a stop close by on Lake Street.

What to Expect

- We will measure your % body fat using state of the art bioelectrical impedance equipment.
- We will measure your height and weight, and then calculate your BMI.
- We will measure your waist circumference.
- Lastly, we will give you written results with an assessment of disease risk.

How to Prepare

- For best results, please be well hydrated for these measurements. Drink plenty of water the day before and the day of your appointment.

Cost: \$25 (\$15.00 CSU employees and students). Please pay online before your appointment.

If you decide to pay at your appointment, we are only able to accept cash or a check.

To cancel or reschedule an appointment, be sure to contact us in advance at Phone 491-8615 or email nutritioncenter@colostate.edu

Visit our website for additional programs:
www.nutritioncenter.colostate.edu

