

## MedFit Training & Education Center

You're scheduled for a Fit3D scan at the MedFit Training and Education Center. The Fit3D system allows your MedFit personal trainer to capture and track your body composition and fitness data safely, accurately, and privately.

### **Here are some things to know and complete prior to your scan:**

Please click the following link (or scan the QR code on the right), to complete a Fit3D User Profile: [www.fit3d.com/signup](http://www.fit3d.com/signup). After navigating to the website, click the Sign-up tab.



To accurately capture your body composition data, please follow these instructions:

- Wear proper clothing:
  - Do's: Snug boxer briefs, leggings, sports bra
  - Don'ts: Baggy clothing, such as boxer briefs, pants, regular t-shirts
- Wear hair per recommended guidelines pictured below



When you come to the MedFit Education and Training Center for your scan, your trainer will escort you to a private room to complete the scan. After you change into proper clothing, your trainer will return to the room to facilitate the Fit3D scan.

Following the completion of the Fit3D scan, your trainer will step out to analyze your scan results and give you an opportunity to redress.

The final step will be to review your scan results with your trainer to then develop a plan to meet your health and fitness goals

You can click the following links for more details on the scan:

- <https://www.medfitcenter.org/fit3d-body-scans/>
- [https://medfitcenter.org/wp-content/uploads/2023/02/FIT3D-HOW-TO-SCAN-POSTER\\_24x36in.pdf](https://medfitcenter.org/wp-content/uploads/2023/02/FIT3D-HOW-TO-SCAN-POSTER_24x36in.pdf)