



Austin Public Safety Wellness Center

517 S. Pleasant Valley Rd., Austin, TX 78741 (512) 974-0200 phone / (512) 974-0222 fax



What is a DEXA?

A DEXA scan is the most accurate way to determine body fat percentage, body fat distribution, and bone density. It uses 1/10 the amount of radiation as a typical chest x-ray.

Why Get One?

The results from this scan can also be used to establish an ideal body weight and composition.

How Long Does it Take?

Each appointment takes approximately one hour to complete and includes a meeting with the staff to explain your results.

How Much Does it Cost?

The discounted price for EMS/Fire is \$80 (normally \$90) or \$600 total for a group of 10 people.

How Do I Get One?

Contact Hillary Lee

Hillary.Lee@austintexas.gov

Or

Fitness Institute of Texas

512 – 471 – 0081

fit@austin.utexas.edu

www.edb.utexas.edu/fit

Where Do I Get One?

Testing takes place in Bellmont Hall at the University of Texas. Free parking is available.

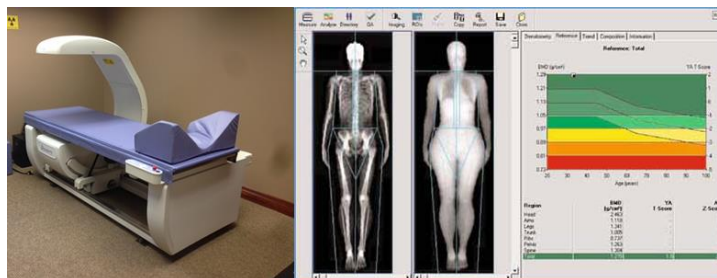


Figure 1 DEXA Machine and Example Report