



# Austin Public Safety Wellness Center

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## DEXA Scans for Body Composition

### 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 the 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 Belmont Hall at the University of Texas. Free parking is available.

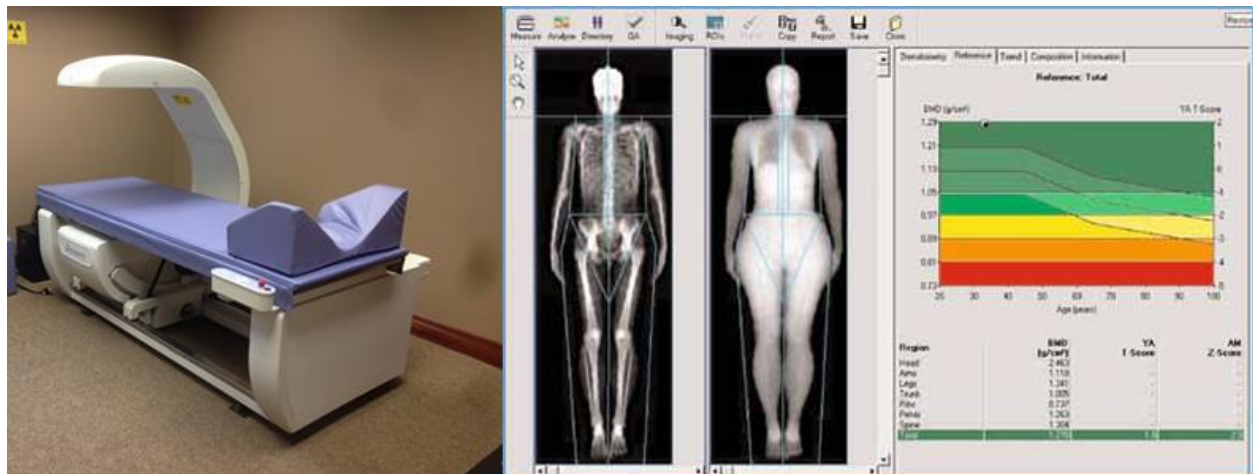


Figure 1 DEXA Machine and Report