

# Body Composition Testing With Medical-Grade Accuracy in Kitchener-Waterloo at True North Metabolic

*Medical-grade body composition analysis, InBody 770 reporting, and physician review—plus optional advanced metabolic testing.*

KITCHENER, ONTARIO, CANADA, January 26, 2026 /EINPresswire.com/ -- True North Metabolic, a physician-led clinic in Kitchener-Waterloo, is expanding access to [Body Composition Testing in Kitchener-Waterloo](#) with medical-grade reporting, including visceral fat analysis, detailed muscle mass analysis, cellular health quality and more plus a structured physician review designed to turn results into actionable next steps.

Unlike a standard scale or BMI-based estimate, a modern body composition assessment separates fat mass from lean mass, helping patients understand whether progress is coming from fat loss, muscle gain, or changes in hydration. True North Metabolic's approach emphasizes consistency, repeatability, and clinical interpretation—useful for patients pursuing weight loss, strength goals, metabolic optimization, or long-term health monitoring.

Furthermore, doing a [Body Composition Test in Kitchener-Waterloo](#) at True North Metabolic is different than most body composition machines. Our machine uses medical-grade accurate technology.

Here is what the Body Composition Test in Kitchener-Waterloo includes as noted below

What the assessment includes

The clinic's Body Composition Test in Kitchener-Waterloo is designed to provide a clear snapshot of key metrics that matter clinically and athletically, including:



Body Composition Testing in Kitchener-Waterloo

Visceral fat testing (an important marker associated with cardiometabolic risk)

Body fat percentage and fat mass

Lean mass and skeletal muscle estimates

Segmental analysis to highlight distribution patterns

Body water content analysis

Dry muscle mass testing

Cellular health and integrity

Trends over time to support goal-based tracking

Medical-grade, research-grade technology: InBody 770

True North Metabolic's Body Composition Testing in Kitchener-Waterloo uses the InBody 770, a multi-

frequency bioelectrical impedance analyzer that is widely used in medical, performance, and research settings for repeatable body composition measurements. The clinic's workflow is built around standardized pre-scan conditions and interpretive context so patients can compare results across time with greater confidence.

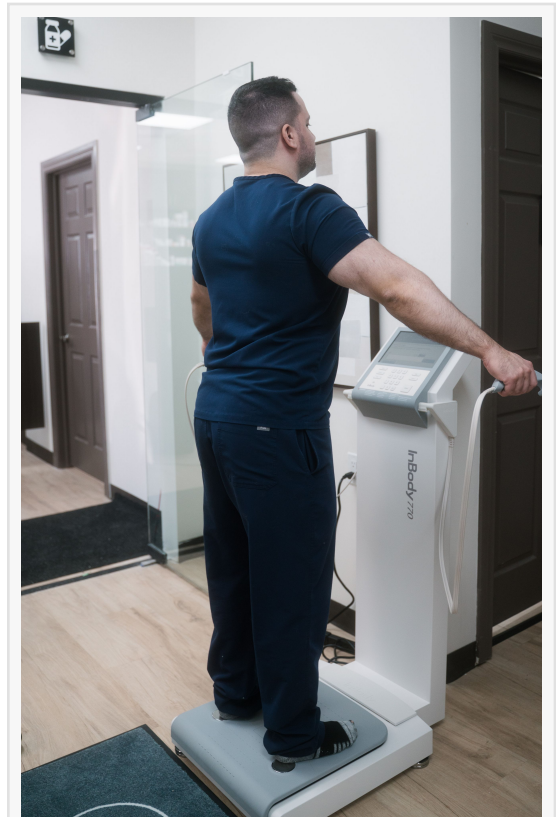
Physician review included

Every scan includes a physician review, translating the numbers into practical recommendations. Patients receive an explanation of what their current metrics mean, what changes are realistic, and how to track progress appropriately—whether the goal is fat loss, strength, improved metabolic health, or recomposition.

Optional consultation for advanced metabolic testing

For patients who want deeper insight into cardiometabolic risk and performance-related factors, True North Metabolic's Body Composition Testing in Kitchener-Waterloo offers an additional consultation for advanced metabolic testing. Depending on clinical goals, this may include further assessment and lab-based evaluation to clarify risk, tailor lifestyle interventions, and support evidence-based treatment planning.

After your Body Composition Test in Kitchener-Waterloo, we also offer a diet-plan that is optional



Body Composition Test in Kitchener-Waterloo

if you are interested.

Designed for weight loss, performance, and prevention

Body composition can help guide decisions in weight management and prevention-focused care, including:

Identifying plateaus where weight change does not reflect body composition change

Monitoring lean mass during weight loss efforts

Supporting structured exercise programming and nutrition targets

Tracking visceral fat trends over time

Patients interested in [Body composition Analysis in Kitchener-Waterloo](#) can book directly with the clinic and are encouraged to ask about optimal scan timing and repeat intervals for tracking.

You can visit our link at <https://www.truenorthmetabolic.com/body-composition-analysis-kitchener-waterloo>

Our main website is <https://www.truenorthmetabolic.com>

About True North Metabolic

True North Metabolic is a physician-led clinic in Kitchener-Waterloo focused on metabolic health, weight management, and men's health. The clinic combines evidence-informed assessment with practical treatment planning, with services ranging from body composition analysis to metabolic risk evaluation and follow-up care.

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