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## FitnessWave San Diego Celebrates 3 Year Anniversary

Helping San Diegans Get Results, By Giving "Dunks"

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San Diego, Calif.; (August 18, 2009): FitnessWave San Diego, the exclusive home of the hydrostatic body fat test in San Diego, is excited and honored to have recently celebrated three years of helping people get in better shape by getting them "dunked".

Hydrostatic, or underwater, body fat testing is the most accurate way to measure body fat, and it's sweeping the fitness world. Made popular by NBC's hit show "The Biggest Loser", participants are fully immersed in a tank of water while precise measurements are taken. In just a few seconds, the specialized computer program obtains the most accurate body fat percentage measurement, letting you know how much of your body is fat and how much is lean mass, or muscle.

In addition to hydrostatic body fat testing, FitnessWave San Diego also offers RMR and VO<sub>2</sub> Sub-Max tests. The RMR, or Resting Metabolic Rate test, helps determine whether your metabolism is slow or fast, and how many calories you need daily to lose or maintain your weight. VO<sub>2</sub> Sub-Max, or oxygen uptake testing, offers a wealth of information about your fitness including overall cardiovascular fitness level, personal target heart rate zones, how many calories you burn in these zones, your anaerobic threshold, and how well your body recovers after exercise.

"It's so exciting to have gotten such a great response from the community during these past three years. In Southern California people are concerned with their health and strive to be fit, and I am honored that San Diegans look to FitnessWave San Diego for all their fitness testing needs," said owner Iris Wilnai.

FitnessWave San Diego, located in Kearny Mesa, is the exclusive location for hydrostatic body fat testing, along with other fitness testing services. For more information, you can visit [www.GetDunkedSD.com](http://www.GetDunkedSD.com), or call 858-573-9283.

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