

# Body Composition Analysis Pre-Test Guidelines

Things to keep in mind for an accurate measurement:

## **1. Assure that the test is conducted before a meal**

In cases where the client has already eaten, the test should be put off until two hours have elapsed since the last meal. This is because the mass of the food is counted as weight, and thus, may result in measurement error.

## **2. Make sure to use the toilet.**

Although not included in the body's compositional elements, the volume of urine and excrement is included in the weight measurement. This can cause incorrect readings.

## **3. Do not exercise right before the test.**

Strenuous exercise, dynamic movements or long duration running can cause temporary changes in composition. Try to test before exercise. If your exercise program includes running longer than 60 minutes please schedule your test for two days following your long run.

## **4. In the clinic: Stand still for about 5 minutes**

Conducting the test immediately after lying in bed or sitting for a long period of time might result in a slight change in the test results. This is because body water tends to move to the lower extremities of the body as soon as a person stands or gets up.

## **5. Do not conduct the test right after a shower or sauna**

Sweating causes temporary changes in a person's composition.

## **6. Do not take measurements during the menstrual cycle**

Females experience increases in body water during their menstrual cycle.

## **7. Conduct the test at normal temperature (19c-25c)**

While the human body is stable at normal temperatures, body composition is susceptible to change in hot or cold weather. Please allow at least an hour from being outside in cold or hot environments.

## **8. Wear minimal clothing** Guys: shorts and light t-shirt or no shirt. Ladies: sports bra or light t-shirt and shorts.

**9. If a retest is scheduled**, make sure to conduct the test under the same consistent conditions as the pre-test (i.e. same clothing worn, close to the same time of day). Similar conditions need to be maintained in order to assure the accuracy of the test results. Please bring your previous test sheet with you for comparison.

**10. Nutritional Concerns:** The evening before your test try to consume a low sodium meal with minimal alcohol. Sodium and alcohol effect hydration levels and may alter test results. Hydrate as usual.

**11. Please do not use lotion on your hands or feet on testing day.** Make sure your hands and feet are clean.

**12.** Ensure arms are not touching sides and inner thighs are not touching each other during measurement. If necessary, place a dry towel between arm and side and/or between thighs.

**13.** Do not take measurements while using transmitting devices, such as mobile phones, which may affect readings.

## **14. Persons with pacemakers or other electronic medical implants should not use the monitor.**

Persons with non-electronic medical implants may safely use the monitor. Any metallic implant in your body could affect the body fat reading, giving a slightly lower than normal reading. However, since the metal will continue to have the same affect on the reading each time you use the monitor; you can still use the monitor to successfully track the relative change in body fat over time.

**If you have any questions please contact Heidi at 97 77 55 23**



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