



BODY COMPOSITION TESTING

Procedure:

- Bioelectrical Impedance Analysis (BIA) using 2 electrodes on the right hand and 2 electrodes on the right foot while subject lies on back.



- Determine body fat percentage using body weight, height, age, and gender.
- Weight of clothing varies and will depend on subject at time of weigh-in.

Printout will provide Body Fat %, Lean Body Mass (everything in body not containing fatty acids including bone & connective tissue), Fat Weight, Percentage of Muscle as Water (LBM Hydration), and Basal Metabolic Rate (how many calories needed to survive at current state on a daily basis).

Rules to follow prior to testing:

- NO caffeine or alcohol 24 hours prior to test
- NO vigorous activity 4 hours prior to test
- Drink plenty of water 2 hours prior to test (too soon will add to total body weight)
- NO lotion or baby oil on skin prior to test
- NO food 2-4 hours prior to test (will contribute to total body weight)

GIRTH MEASUREMENTS

1. Neck
2. Chest
3. Upper Arms
4. Forearms
5. Waist
6. Hips
7. Thighs
8. Calves