

BODY COMPOSITION TESTING PROVIDED BY **ADVANCED FITNESS SOLUTIONS**

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)

Handouts to be provided include:

- Meaning of test results
- Guidelines for getting fit
- Dietary guidelines
- Heart Rate zones for getting in shape

Cost of test:

- \$15 per person up to 25 people tested
- \$10 per person for >25 people tested

Fees for all participants collected prior to testing. These costs cover travel, time, and supplies. Body Composition Testing is done on 1 day only, additional trips will cost extra.