

Elizabeth Baron Cole and Associates

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BODY COMPOSITION ANALYSIS

HOW DOES BIO-ELECTRICAL IMPEDANCE WORK?

Upon stepping barefoot on the scale, safe, low-level electrical signals flow easily through body fluids in muscle and tissues but their flow is impeded as it passes through body fat. Readings derived from this technique are applied to medically researched mathematical formulas to calculate body composition.

WHO SHOULD NOT USE THIS TECHNIQUE?

NOT FOR USE by people with: CARDIAC PACEMAKERS

NOT FOR USE by people with: ELECTRICAL DEVICE IMPLANTS

NOT FOR USE during PREGNANCY

AGE AND CONDITION SPECIFICATIONS

Ages 7-17 years can use this device to assess only weight and body fat percentage.

Ages 18-99 years can use this device to assess all features available for analysis.

PREPARATION

HYDRATION SPECIFICATION

Hydration levels influence the results of your body composition analysis and is affected by:

Food	Caffeine	Alcohol
Exercise	Diuretics	Medications
Stress	Illness	Menstruation
Hormonal changes		

TO OBTAIN MOST ACCURATE RESULTS

Nutrition Guide

The day before and the day of your analysis

- Avoid high sodium foods e.g. soy sauce, soups, commercial foods, salty condiments
- Avoid alcohol
- Caffeine - Do not consume more than beyond your normal intake

Other Considerations

Measure at least three hours after rising, eating a meal or exercising.

Measure at the same time of day each time.

Measure after you have emptied your bladder.

Women: Inform your Dietitian about the expected date of your menses.