



Body Composition Analysis

Bioelectrical Impedance Analysis (BIA) measures the impedance or resistance to the signal as it travels through the water that is found in muscle and fat. The more muscle a person has, the more water their body can hold. The greater the amount of water in a person's body, the easier it is for the current to pass through it. The more fat, the more resistance to the current. BIA is safe and it does not hurt. The BIA prints out data such as your fat mass, lean tissue mass, % body fat and more. This is a wonderful tool to track changes in your body composition when you are losing weight (are you losing fat or muscle?) or when gaining weight (again, is the change due to building muscle or gaining fat?).

Test Preparation Instructions:

- 24 hours prior – do not drink alcohol
- 4 hours prior – do not eat, drink (except for water), or exercise
- 2 hours prior – drink 2 - 4 (8 oz.) glasses of water – you need to be well-hydrated for accuracy
- Do not use lotions, antibacterial washes, or rubbing alcohol on your feet
- Do not wear pantyhose – you will need to remove your socks

Caution

This test is **NOT** recommended for:

- Pregnant women
- Persons with implanted electronic devices
- Persons with diagnosed heart problems

Consent:

I have read the test preparation instructions and cautions. I consent to have a body composition analysis by my dietitian at Healthy by Design Nutrition Specialists.

Signature _____

Printed Name _____

Date _____

Please bring this form to your appointment.