

Body Composition Testing with InBody

Bioimpedance analysis is a reliable method of measuring body composition, including percentage of body fat and lean body mass, as well as hydration and cellular health. Measurements are taken with a bioimpedance analyzer, which passes a harmless, ultra-low level electrical current through the body. Lean tissue, which is over 70% water, is a good conductor of electrical current. Fatty tissue—low in water, is not. Thus, the resistance to the flow of electrical current measured by the analyzer can be used to calculate body composition.

Participants will need to remove their shoes and socks or stockings. The measurement is done while standing on the InBody device and holding the handles. This whole procedure takes only a few minutes and generates a link sent to your phone and a computer printout of out the results. Optimal body fat ranges are from 18%-28% for women, and 10%-20% for men.

Hundreds of independent studies, conducted by researchers over the past 30 years, have demonstrated that bioimpedance analysis can provide an accurate and clinically useful assessment of body composition. However, for the most accurate results, the following guidelines should be followed:

- 1. Do not eat for 3 hours prior to testing.**
- 2. Do not exercise for 12 hours prior to testing.**
- 3. Do not consume alcohol for 24 hours prior to testing.**
- 4. Drink at least 1 quart of water one hour before your test (void your bladder before testing).**
- 5. Do not drink more than 1 cup caffeine the day of your test.**
- 6. Remove jewelry and extra layers of clothing prior to testing.**

Please follow these guidelines for your next visit.