

SCAN PREPARATION

The BIA (Bioelectrical Impedance Analysis) test works by sending an extremely weak (and harmless) electrical current through your body. Your body's total weight consists of various "masses", like fat, muscles, bones, and water. Each of these conducts electricity in different ways. 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. By measuring the electric resistance of some of these masses in your body, called "Bioelectrical Impedance", the test is able to accurately measure what percentage of your total body weight is made up from each.

BODY AUDIT NZ

BODY COMPOSITION TESTING

TEST ON EMPTY STOMACH AND BE PROPERLY HYDRATED

Take the test before a meal. If you have already eaten, wait for 2-3 hours before testing. This is because undigested food in your stomach counts as additional weight and may result in measurement errors. BIA calculates your body fat percentage based on water content levels in your body. If you are dehydrated (or overly hydrated) your body fat reading will be affected. Avoid caffeine and hydrate yourself (1-2 cups of water) 2 hours before testing.

EDUCATE

PERSONAL PREPARATION

Try to use the bathroom beforehand. Although not included in the bodies compositional elements, the volume of urine etc is included in the weight measurement. This can result in biological errors. Females experience increases in body water during their menstrual cycle so for accurate results you may prefer not to take the scan during your cycle. Certain steroids can affect your body's density and breast implants will alter the result slightly also. The test is done barefoot, with all jewellery removed, wearing light weight clothing.

MOTIVATE

TEST BEFORE WORKING OUT AND SHOWERING

Do not exercise immediately before the scan, as strenuous exercise or sharp movements can cause temporary changes in body composition. Do not take the scan immediately after a shower or sauna as sweating causes temporary changes in a person's body composition.

SUPPORT

REPEAT SCANS

When you have further scans, try to recreate the conditions of the last one i.e. wear the same clothes, same time of day and same circumstances regarding eating and exercising. This will ensure accuracy of the scan results. An easy way to do this is to write on the back of your report sheet the conditions in which you had your last test.

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BODY COMPOSITION TESTING

WARNING

This equipment sends a weak electrical current through the body during measurement. Individuals who have internally implanted medical devices, such as pacemakers, metal bracket, skeleton of heart, etc, should not use this equipment due to the risk of malfunction to the device that may be used by the electrical current.

We recommend not scanning when pregnant. There is no evidence to support this as it is very weak current, but we prefer to be safe.