

## BODY ANALYSIS

MEASUREMENT OF BODY COMPOSITION USING  
BIOELECTRICAL IMPEDANCE ANALYSIS



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### What is a bioelectrical impedance analysis?

A bioelectrical impedance analysis, or BIA for short, can be used to determine your body composition. A BIA analyses the proportion of **muscle mass**, **body fat** and **water** by looking inside the body. This method can be used to determine your nutritional status and a more precise assessment of your state of health. With the help of this measurement, nutritional recommendations can be derived for you in an even more personalised and individualised way.



## How does the body analysis work?

The measurement is neither noticeable nor does it take long. In a relaxed lying position, two electrodes (eight in total) are attached to each of your wrists and ankles. A weak, imperceptible alternating current is fed into your body via these electrodes. Your body composition is calculated based on the different cell resistances that this alternating current encounters. The measurement is completed after just a few minutes, your measurement results are available and can be integrated into the consultation immediately.



Picture: MEDI CAL, HealthCare GmbH

## YOUR 5 ADVANTAGES OF A BIA MEASUREMENT

1

### FAT WEIGHT OR MUSCLE MASS?

In contrast to scales, the BIA measurement differentiates between the composition of your body weight

2

### YOUR IDEAL WEIGHT RANGE

Determination of your ideal weight range, taking into account your individual body structure

3

### ACTIVITY OF YOUR BODY CELLS

The measurement provides information about the state of health and metabolic activity of your body cells

4

### REPORT ON WATER BALANCE

Precise information and customised visual processing of your body water (water balance)

5

### THE OPTIMAL SUCCESS CONTROL

Ideal for monitoring the progress of your individual goals such as muscle building and/or fat loss



## THE OPTIMUM PREPARATION

### CHECKLIST FOR THE BIA MEASUREMENT

If you are pregnant, have a pacemaker or defibrillator or other implanted electronic monitoring devices, no measurement can be taken! To ensure that your measurement results can be optimally analysed, the following points must be observed in preparation for carrying out a BIA measurement:

**○ Do not eat immediately before the measurement**

An interval of 2-3 hours between the last meal and the measurement would be optimal, but at least 1 hour.

**○ Do not drink immediately before the measurement**

An interval of 1 hour between the last fluid intake and the measurement would be beneficial.

**○ Please empty your bladder before the measurement**

A full bladder has a negative effect on the measurement result.

**○ No sport immediately before the measurement**

Ideally, avoid activities that cause heavy sweating (sport, sauna) 24 hours before the measurement. However, no excessive sporting activity should be carried out at least 2-3 hours before the measurement.

**○ Please do not use any skin cream before the measurement**

Creams can affect the adhesion of the eight disposable electrodes and therefore also change the measurement result.

**○ Please do not wear tights at your appointment**

You will need free arches to carry out the measurement.

**○ ! Recommendation for follow-up measurements:**

**Come to every measurement with the same conditions**

Differences in meal and fluid rhythms can change the measurement results. It is therefore advisable to always take a measurement under the same conditions and at the same times.

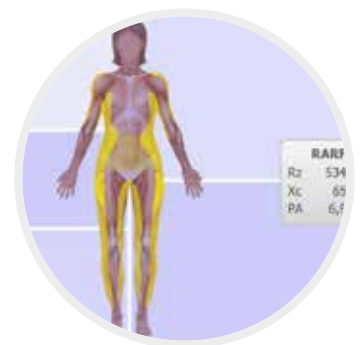
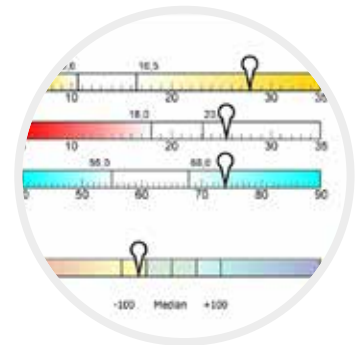


Image sections: The BIA evaluation