



## How to prepare for your Bio Electrical Analysis

Bioelectrical Impedance Analysis is a method of assessing your body composition, your lean muscle mass versus your fat percentage. It also is important in measuring your fluid levels and your overall cellular integrity. In order to accurately assess these levels, the following is required:

1. No eating 4 hours prior to testing
2. No exercise for 12 hours prior to testing
3. Do not consume alcohol for 24 hours prior to testing
4. Drink at least one quart of water one hour before your test (you may void as needed)
5. Do not drink caffeine the day of your test
6. Do not wear pantyhose