

How to use.....Bodystat



Bioelectric impedance analysis (BIA) is a simple method for determining the lean body mass. It involves electrodes placed on the right hand and foot. The change in voltage between electrodes is measured. The person's body fat percentage is then calculated from the results of the BIA.

BIA guidelines

- No eating or drinking within 4 hours of the test
- No exercise within 12 hours of the test
- No alcohol or caffeine consumption within 24 hours of the test
- Do not be tested if you may be pregnant or have a pacemaker

Proper hydration is essential for healthy body status

How to run a test

- Ensure the participant is lying flat and that their hand and foot are not touching the rest of their body
- Measurements are to be taken on the right side of the body
- Gently clean electrode sites with an alcohol wipe, particularly if the skin is moist or covered with lotion (allow to dry before connecting electrodes)
- **Proximal (BLACK):** Wrist - Place on an imaginary line from the protruding bones of the wrist straight across to other side of wrist, ensure that the upper border of the electrodes bisects the head of the Ulna. Ankle - Place on an imaginary line between the protruding ankle bones (medial and lateral malleoli) place the electrode along this line as shown in the pictures below.
- **Distal (RED):** Place on the base of the second or third metacarpal-phalangeal joints of the hand and foot.



- Turn on Bodystat unit; enter participant's height, age, weight, gender, activity levels as asked.
- Keep pressing the enter button through until it says testing.
- Make a note of results and the test number as they are stored on the unit so you can return to a certain test at a later date.