



## Body Composition Analyser

The Body Composition Analyser is designed to be used in the monitoring of body composition, in particular fat and muscle tissue. It is used to monitor differences in the ratio of fat to lean tissue as an individual embarks on a weight loss and exercise programme.

The Body Composition Analyser measures the amount of fat in your body and automatically identifies whether it falls within or outside the Healthy Body Fat Range for your age and gender. It will also indicate the following results:

- Body weight
- BMI (Body Mass Index)
- BMR (Basal Metabolic Rate)
- % Body Fat
- Fat Mass
- Visceral Fat Mass
- Muscle Mass
- Total Body Water

### • How does it work?

When you stand on the platform of the Body Composition Analyser, a weak electrical current is sent through the body. As this current passes through the body it meets resistance by the body tissues. Fat allows almost no electricity through it, whereas electricity passes easily through muscle. This resistance to the electric current is measured by the analyser and forms the basis for all readings.

### • How does it feel?

The weak electric current will not be felt at all as it passes through your body! You do not have undress as an allowance for clothing weight can be made but you do need to stand with bare feet on the platform with your arms down but not touching your sides. The current passes through your body and the measurements takes place. This takes less than a minute! At the end of the measurements, the results are printed out. You can then step off the platform.

### • How accurate are the readings?

The Body Composition Analyser is medically approved for use in hospitals and health centres. It gives highly accurate readings. However for stable measurement it is recommended that measurements are taken under the following conditions:

- 3 hours have passed after getting up and about.
- 3 hours have passed after eating a meal.
- Avoidance of heavy eating and drinking the day before measurement.
- Avoidance of alcohol 12 hours before measurement.
- If possible, urinate before your measurements are taken.
- For repeated measurements it is best to measure at the same time of day.
- It is best to avoid measurements being taken if you are on your menstrual period.

If clothed, make sure you do not have your mobile phone on you as this can cause measurement error.

### • Is it safe for everyone?

- This device can also be safely used to monitor body composition in children.
- Individuals with internal medical devices such as Pacemakers should NOT use this equipment, due to the risk of the weak electric current causing a malfunction to the Pacemaker.
- Pregnant women should take advice from their GP before using this device or embarking on any weight loss programme.
- Individuals who have a problem with standing may need assistance while standing on the platform.