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BODY COMPOSITION ANALYSIS GUIDELINES

Note: It is advised that individuals coming in for a body composition analysis follow these guidelines to achieve accurate results.

The test cannot be conducted under any of the following conditions:

- Menstrual flow, pregnancy, pace maker, metallic implant.
- Exercise should be avoided for at least 24 hours prior to body composition analysis.
- Caffeine consumption should be avoided for at least 6 hours prior to the analysis.
- Alcohol consumption should be avoided for at least 24 hours prior to analysis.

For standardization of the analysis and to ensure maximum accuracy, it is also recommended you follow the below mentioned guidelines:

- Avoid acute fluid consumption (>400 mL) for at least 2 hours prior to the test.
- Avoid a heavy meal at least 2 hours prior to the test.
- Empty your bladder prior to the test.
- Stand upright for 5 minutes prior to the test.
- It is recommended to take the test every 4 weeks under similar conditions in order to effectively track progress.
- Make sure you take the test in comfortable light weight clothing, and use the same clothes for any subsequent tests.
- Make sure subsequent tests are conducted at/ around the same time of day as your first body composition analysis. This will ensure that the changes observed are a direct result of recent lifestyle changes to diet or exercise, rather than external factors.
- **For women-** tracking your menstrual cycle and taking any subsequent tests in the same phase of the menstrual cycle as the first analysis will give you most accurate results.