

BIA TESTING PROTOCOLS

While creating an entirely controlled environment in the human body is impossible, following the suggestions below will create the most accurate results.

An onboard BIA should be conducted at the onset of the program, followed by a BASELINE BIA two weeks later. The baseline BIA adjusts for the initial water loss. Moving forward, monthly tests should be conducted.

- Measure on an empty stomach
- Restroom should be used prior to measurement
- Avoid caffeine or beverages that function as a diuretic, four hours before the measurement
- Drink two 8-ounce glasses of water, two hours before the measurement
- Do not measure within 24 hours of a hot bath, sauna, exercise or any other activity that causes the body to sweat
- Avoid drinking alcohol 24 hours before the test
- Wear light weight clothes
- Maintain a standing position for five minutes prior to test
- Maintain correct posture during measurement
- Do not use while menstruating
- Women should try to test at the same point in their monthly cycle
- Bare feet are necessary
- Test at the same time each day (morning is preferable)

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