# **BODYCOMP**SCALE

# **Fewer Restrictions = Greater Reliability**

Pre-test restrictions limit the effective accuracy of a body composition device because they limit the number of realworld conditions under which testing can take place. More restrictions mean less accuracy, greater measurement fluctuations, and significantly more stress for both the operator and patient/end-user.

The BodyCompScale has only 1 pre-test condition, giving you more freedom, better data, and happier patients.

## BodyCompScale BCS Elite

Avoid testing during premenstrual water retention

### InBody 570

of Restrictions

Sufficient rest prior to test Avoid fluid intake or diuretics No strenuous exercise Inner thighs must not be touching Arms must not be touching torso Body fat results are affected by position of body Arms must be held down to prevent errors

#### Tanita MC-780

Hydrate well the day before Do not drink caffeine on the day of your test Do not eat for 3-4 hours prior to testing No not exercise 6-12 hours prior to testing Do not test after shower or sauna Do not consume alcohol for 24 hours prior No socks or pantyhose Do not wear jewelry Measure after standing for at least 5 minutes Females should not test during menstrual period No pacemaker or medical devices

