

Bio Impedance Analysis (BIA)

BIA is a technology that measures percent body fat, metabolic rate and health of cell membranes. We utilize this information to create personalized food plans, exercise regimens and supplement recommendations.

Prepare for your Bio Impedance Analysis (BIA Test) by adhering to the following guidelines:

- Do not eat for 4 hours prior to testing
- Do not exercise for 12 hours prior to testing
- Do not drink caffeine the day of the test
- The day of the test ensure access to your right foot with removable footwear

Also, please drink 32-60 ounces of water the day before your appointment and stay hydrated the day of your appointment.

You will be asked to empty your bladder just before the test

Note: You cannot participate in this test if you have a pacemaker or you are pregnant or breastfeeding.

"First Line Therapy is the first step to creating optimal Wellness"

Monique T. Class, MS, APRN, BC

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