

Advanced Body Analysis

What will I gain by having an analysis done?

ReeVue:

- The ReeVue measures number of calories burned at rest.
- Helpful in determining daily calorie range needed to lose or maintain weight
- Provides a more accurate assessment of calorie needs versus using Tanita scale or basic Harris Benedict equation – measures YOU since it is not using a formula.
- Considers genetics, medications, muscle mass, exercise, and hormones and how these factors may be affecting your metabolism.
- If having difficulty losing weight, can use this to determine if daily caloric intake may be the cause.
- Allows providers to formulate a more personalized and accurate health plan for improved results.

Tanita/Skin Fold

- Helpful for analyzing body composition and comparing body composition changes as weight is lost.
- Helpful in selecting an ideal target weight.
- Several measurements from different tests can provide more accurate results about your body composition.

Preparation Instructions

1. No alcohol 48 hours prior to the test.
 2. Avoid intense exercise 12 hours before the test (running, weight lifting, or any exercise for a duration longer than 30 minutes).
 3. Avoid eating or drinking (especially caffeinated products) 4 hours prior to the test.
 4. Empty bladder 30 minutes prior to the test.
 5. Medications:
 - a. Avoid all diuretics for 7 days before test (only if possible; please consult your primary doctor before stopping any medications).
 - b. If you are taking the weight loss medication phentermine or Vyvanse, please do not take it the day of your test.
 6. Avoid using lotion(s) or moisturizers on skin (especially skinfold locations) at least 1 day prior to test.
 7. Wear comfortable clothing, preferably gym clothes such as t-shirt and gym shorts.
 - a. Depending on 3 site or 7 site test, other clothing may be beneficial. (7-site may want sports bra for females).
 - i. For males, the 3 sites are chest abdomen and thigh
 - ii. For females, the 3 sites are supraillium, triceps and thigh
 8. Be aware that this test does involve a caliper that pinches skin and can be uncomfortable.
- **If you are ill at the time of your appointment, consider rescheduling as illness can affect results.**

