



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BODY COMPOSITION ASSESSMENTS

In order to have the best possible results, follow these simple instructions:

- No food, drink or exercise at least 3 hours prior to testing.
- Use the restroom before testing, if necessary.
- Don't apply any lotions or skin creams prior to your test.
- Remove glasses and jewelry (if possible).
- Wear minimal, form-fitting clothing.
 - Men: Thin fabric shorts, lycra/spandex-type swimsuit or single-layer compression bike-style shorts (no padding)
 - Women: Lycra/spandex-type swimsuit or bike-style shorts and sports bra (no wire or padding)
- Because of the sensitivity of the equipment, schedule subsequent visits under the same conditions (time of day, hydration levels, amount of facial and body hair, same day of cycle (women), etc.).
- A swim cap will be provided to compress any air pockets within the hair.

For more information, contact Ali Harasha at 920.921.3330 ext. 329 or email aharasha@fdlymca.org.