

BEST PRACTICE FOR SCANNING CONDITIONS

It is important to always scan under the exact same circumstances every time you scan to ensure consistency and repeatability for tracking purposes.

WE RECOMMEND THE BEST PRACTICE AS FOLLOWS:

- » Scan at the same time of the day
- » Preferably do not scan after training
- » Keep your hydration and food volume the same
- » Do not consume alcohol within 24-48 hours prior to your scan. Preferably do not consume caffeine, pre-workouts, thermogenic (fat burners) or diuretics prior to scanning.
- » If you are female, take note of where you are in your hormonal cycle for consistency of readings.
- » Max weight is 240kg or 529 lbs
- » Ensure you are well hydrated
- » Make sure your feet cover the silver tactile points of the Evolt 360 scanner.
- » Ensure you are rested and calm (ie. if you have rushed to get to your scan, give yourself enough time to allow your blood pressure to return to normal)
- » Ensure you have full contact with your fingers, palms and thumbs with the silver tactile points on the handles of the Evolt 360 scanner and remain still and silent throughout the scan process.

SCAN INCONSISTENCIES

ALWAYS CHECK THE FOLLOWING TO RULE OUT ANY ERROR FOR SCAN INCONSISTENCIES:

- » Is the customer's height accurate in centimeters or feet and inches?
- » Is the customer taking any prescribed or non-prescribed medications?
- » What time of the day did the customer scan compared to the previous scan?
- » Was the customer fasted compared to the previous scan?
- » Did the customer consume high amounts of caffeine prior to the scan?
- » Has the customer recently had any invasive surgery?
- » Has the customer consumed any thermogenic aids such as Fat Burners or Pre-Workouts prior to scanning?
- » Did the customer scan post training?
- » Is the customer dehydrated?





CHALLENGE DO'S & DONT'S

6, 8 AND 12-WEEK CHALLENGE TESTING GUIDELINES

We highly recommend you notify all challengers at least 48 hours prior to scanning with the best practice for scanning conditions on the reverse side.

As the technology uses a frequency to measure impedance and reactance of tissue, hydration and temperature changes will have an impact on scan results, so it is imperative that both scans are completed under the exact same circumstances such as the same time of the day, fasted, etc.

THE HUMAN FACTOR IS NEVER A LINEAR, CLEAR CUT RESPONSE DURING A FAT LOSS PHASE, AS EVERYONE HAS A DIFFERENT RESPONSE TO FACTORS SUCH AS:

- » Inflammation
- » Hormonal fluctuations
- » Blood volume changes
- » Medications that can alter hydration status
- » Temperature changes
- » Medicinal Marijuana
- » Alcohol consumption
- » Significant cheat meals (high in carbohydrate)

Having said that though, It would be reasonable to assume that, if the client is using significant training loads, there will be times of increased cortisol and inflammation produced by training which will alter hydration status at the point of scanning. Obviously, this is a difficult aspect to control when scanning. The same would apply using other forms of Body Composition measuring such as DEXA, Bodpod etc.

Hydration is the biggest area of fluctuation which is why the controlled circumstances are fairly important. As total body water forms part of Lean Body Mass, you can quickly see how impedance readings can differ if an individual is inflamed or has any other altering factors at play at the point of scanning. This is why some individuals will see visual changes and may have reduced circumference measurements but see increased body fat percentage. This might be a point in time rather than the product of the change.

ASK YOUR CLIENT THE FOLLOWING QUESTIONS TO UNDERSTAND ANY FLUCTUATIONS BETWEEN SCANS:

- » Are the follow-up scan conditions the same as first scan
- » Are you well hydrated (ensure you have consumed water)
- » Have you eaten any food (including shakes)
- » Have you consumed any caffeine
- » Have you consumed any alcohol in the last 24 hours
- » Have you completed any physical activity within the last hour
- » What medications are you taking (prescribed and recreational)
- » What supplements have you taken
- » If female, are you within the luteal or follicular stage of your cycle

Refer to our Evidence-Based FAQ Guide for more information or refer to **Module 6 - Analyzing Results** on our Online BIA Specialist Certification Course.

Visit our website evolt360.com to read about further scan FAQ's or contact our team info@evolt360.com if we can assist you further.

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