



## New Inbody 230 BioImpedance Machine

Border Dietitians is committed to providing a quality evidence based service to our clients. To help support this commitment, we have invested in a state of the art bioimpedance analysis machine called the Inbody 230. The Inbody 230 will allow us to accurately measure children weighing more than 10kg (22lbs) and adults up to 250kg (551lbs).

The Inbody 230 provides information on weight, skeletal muscle mass, body fat mass, total body water, fat free mass, BMI, percentage body fat, waist hip ration, basal metabolic rate, segmental analysis of lean and fat for both arms, legs and trunk, muscle control, fat control and fitness score.

However, people who have a **pacemaker, implanted defibrillators or other internal electronic medical devices** are **NOT** able to be measured using the InBody230.

For accurate analysis, the manufacturer recommends the following before being measured at your appointment:

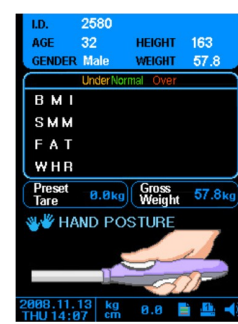
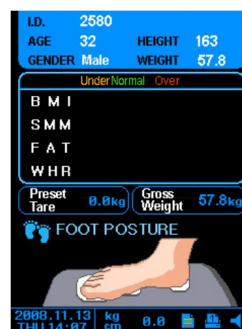
- measure with an empty stomach
- measure 2 hours after a meal
- measure after urination and excretion
- to get net weight, remove heavy clothes or accessories
- do not exercise or take a shower before measurement
- measure after standing for at least 5 minutes
- do not measure after abruptly standing
- do not measure while taking a diuretic
- for females, avoid having measurement during menstrual period
- input accurate height
- warm up yourself for 20 minutes before a test in winter



Once you have been measured on the Inbody 230, try to keep the same appointment time and follow the above recommendations at review appointments so that measurements can be repeated more accurately.

For more information, go to our website [www.factsonfood.com.au](http://www.factsonfood.com.au).

**For a limited time, this will be a free service to clients who book an appointment at Mitchell Street.**



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*For all the facts on food and good nutrition*

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#### References

- 1.
- 2.
- 3.

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