Avoid Taking Measurements under the Following Conditions:

1. Immediately after vigorous exercise
2. Immediately after bath or sauna
3. After drinking a large amount of water
4. After eating a meal

**WHAT**

The **Fully Body Sensor** measures:

- BMI
- Body Fat
- Visceral Fat
- Resting Metabolism
- Skeletal Muscle
- Body Age

**Schedule your appointment online:**

[www.andrews.edu/wellness](http://www.andrews.edu/wellness)

**Recommended Measurement Times**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Recommended Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>After waking up</td>
<td></td>
</tr>
<tr>
<td>Breakfast</td>
<td>2 hours</td>
</tr>
<tr>
<td>Lunch</td>
<td>2 hours</td>
</tr>
<tr>
<td>Dinner</td>
<td>2 hours</td>
</tr>
<tr>
<td>Going to bed</td>
<td></td>
</tr>
</tbody>
</table>

**HOW**

**How It Is Done:**

1. When you arrive, you will be asked to take off your shoes and socks (you must be barefoot). In addition, any heavy clothing (jackets, sweater, etc.) will be asked to be taken off (you will keep your pants & shirt on).
2. You will step on a scale-like device with metal sensors and you will hold on to a handlebar with metal sensors. You will remain in this position for a couple of minutes whilst assistant records your results.
3. That is it!!!