

How to Prepare for your Body Composition & Exercise Prescription:

BODY COMPOSITION:

Please try to report 15 minutes prior to your appointment time to allow yourself time to change and stow any gear in lockers if necessary.

To prepare for your body composition test:

- Remove all jewelry prior to the appointment
- Wear comfortable, workout clothing (should not contain any metal)
- Avoid exercise or strenuous physical activity 12 hours prior to the evaluation

Body composition will be measured by dual-energy x-ray absorptiometry (iDEXA). This uses low doses of radiation. Below are some reasons to opt out of this test:

- Females who are, or may be, pregnant
- Currently having radioactive iodine thyroid treatment
- Participating in a nuclear medicine study or barium x-ray within last five days
- Contain large amounts of metal inside the body
- Significant arthritis of the spine

EXERCISE PRESCRIPTION:

Please wear comfortable workout clothing with appropriate footwear for your training consultation. If you have any exercise recommendation documents from your referring physician or physical therapist, please be sure to bring them to your appointment.

You will receive an email from your provider requesting information to understand your interests and goals.