



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BODY COMPOSITION TESTING

BEDELL FAMILY YMCA

BODY COMPOSITION INSTRUCTIONS

For your wellness screening results to be as accurate as possible, please note the following recommendations:

- Drink plenty of fluids – preferably water- the day and evening before your screen. Dehydration can unfavorably alter the body composition tests. Caffeine and diet drinks also have a dehydration effect. On the morning of your test, we recommend you drink two glasses of water at least one hour before your screen time.
- Refrain from eating and drinking coffee, tea, alcohol or regular and diet soda for 12 hours before your wellness screening appointment. Drink water only! You may take prescribed medications, use your best judgment.
- Avoid climbing stairs or rushing for 20 minutes prior to your appointment.



Fee: \$15 Members, \$30 Non-Members

Questions: Contact Brittney Janicek at 712-336-9622 or brittney.janicek@okobojiymca.com

Body Composition Testing

Name _____

Address _____ City _____

Email _____ Phone _____

In consideration for being allowed to participate in the YMCA exercise program, I agree to assume the risk of such exercise, and further agree to hold harmless the YMCA and its staff members conducting the exercise program from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from, the exercise program. I consent to the use of any and all photographs taken.

Signature _____ Date: _____

(Parent or guardian signature if under 18)