



# BIA Applications

## Case Study: Wellness

Author: Janet Brooks, MEd, & Larry D. Tate, MS

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Janet Brooks, MEd  
President/CEO

Larry D. Tate, MS  
V.P. Program  
Development &  
Nutritionist

Fortitude Health &  
Wellness, Inc.

Cedar Hill, Texas

### Objective

First, most wellness programs provide blood pressure, glucose, cholesterol, and body fat screenings. Although these screenings are valuable and necessary, they are 20<sup>th</sup> century diagnostic screenings. Their primary purpose is to detect a risk factor to a chronic disease. The Bioelectrical Impedance Analysis screening is a 21<sup>st</sup> century screening. It provides the ability to identify nutritional deficiencies and monitor biochemical changes in the body long before a chronic disease manifests. This is true prevention.

Second, we added BIA's to our program menu because we believe the three pillars of health are healthy nutrition, physical activity, and stress reduction. BIA's provide our participants with a comprehensive approach to health that includes a hands-on and visual tool that accurately assesses nutritional health status we can track and evaluate. When BIA's are integrated into blood pressure, glucose, and cholesterol screenings, participants learn why, how, and which behaviors they must adopt to become healthier, and a true understanding of why unhealthy nutrition habits impact individual health status.

### Solution: RJL Quantum II BIA System

Long-term behavior change is a major challenge in a wellness program, primarily because changes in health occur incrementally. These incremental changes unfortunately do not manifest themselves quickly enough to promote participant motivation. BIA's enhanced our program by tracking incremental biochemical changes participants can visually track and evaluate. The ability to track and evaluate changes motivates participants to continue lifestyle behavior change.

### Results:

BIA's provide a strategic approach for our client services by charting nutritional outcomes. Program participants have gained knowledge and a better understanding of micronutrient deficiencies. During our weight loss program, we stress the importance of healthy nutrition, physical activity and stress reduction. Participants gain knowledge about biochemical processes in the body and learn how unhealthy lifestyle habits affect health. BIA screening results provide participants concrete data demonstrating body changes-positive and negative. Implementation of BIA screenings during our weight loss program allows us to monitor various areas of health to achieve the best possible outcome.

#### Specific Results:

- Significant weight Loss (8 to 10 pounds fat reduction – 40 days) per participant
- Building and maintaining muscle
- Body Hydration Status
- Basal Metabolic Rate
- Participants understanding of healthy food intake and why 98% continued program participation