



Dear Parents/Guardians:

Waukeee Community High School has some exciting news! Students will now have the opportunity to use an **InBody 570 Body Composition Analyzer** to help guide them in making positive health changes. The InBody 570 Body Composition Analyzer goes beyond traditional body composition analysis. The 45 second analysis will print out a results sheet with in-depth information including: body composition analysis, muscle-fat analysis, obesity analysis, segmental lean analysis, ECW/TBW analysis, body composition history, body fat-lean body mass control, segmental fat analysis, basal metabolic rate, and visceral fat level.

Below is a link to an in depth description of an Inbody 570 print out, plus links to more information about the InBody 570 and all the features it can provide your student in real time. InBody 570 links:

[What is Body Composition](#)

[Results sheet interpretation](#)

[How to Test video](#)

[Results sheet interpretation video](#)

[How to achieve best Results video](#)

If your student would like to use the InBody 570, we ask that you sign the consent form below and return to Mr. Dahl. Any information from the InBody Scan will be the student's information to share and use at their discretion.

**Why should you take an Inbody 570 analysis.**

Understand your weight, Measure your strength, Set your goals, Track your progress

**Who are not recommended to take an InBody analysis!**

People with artificial electrical implants such as a defibrillator or pacemaker are not recommended to take an InBody Test. The electrical currents of the InBody may disrupt the functionality of life-sustaining implants.

Women who are on their menstrual cycle or are pregnant are not recommended to test as they may not obtain accurate results due to subtle changes in their hydration and body water levels.



## Consent form

Please complete the consent form and bring to Mr. Dahl. Only one consent form is needed. If at anytime you decide you would no longer like your student to be scanned please email Mr. Dahl at [jdahl@waukeeschools.org](mailto:jdahl@waukeeschools.org)

**Student Name:** \_\_\_\_\_

**Birth date:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

I give permission for my child (named above) to participate in an InBody 570 bio impedance scan at Waukee High School. Students are expected to wear gym shorts and a t-shirt during the scan.

\_\_\_\_\_  
**Signature of Parent or Legal Guardian**

\_\_\_\_\_  
**Printed name of Parent or Legal Guardian**

\_\_\_\_\_  
**MM/DD/YY**