

Fit Body Light Measurement Protocols

DISCLAIMER: *The Fit Body Light System is not intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease or any other condition, and is not intended to affect the structure or function of the body. The product is cosmetic in nature and does not claim to impart any health benefits. The statements below have not been evaluated by the US Food and Drug Administration.*

Consistent measuring procedures will enable you to capture your client's true "before" picture. For these results to be accurate, limit any variation in the method used to measure the client. Therefore, please keep the following points in mind:

Correct Stance

Clients should be in a standing position and not wearing shoes during the measuring process. Clients must stand straight with their back, feet and head against the wall, legs together, hands together behind or on top of the head and elbows out. When taking the abdominal measurements, ask the client to inhale, then exhale and relax.

Tape Tension

If possible, use a tension control measuring tape for precise, consistent measurements.

Reference Points

Use a reference point on the body, such as the umbilicus, to ensure consistency in all measurements. For example, measurements for abdominal treatments should be taken 1" above the umbilicus, at the umbilicus, and 2" below the umbilicus.

Mark with a Highlighter

With the tape on the client, mark the skin with a Highlighter (blue, orange, pink) at 3 points (front and sides). Mark the top and bottom of the tape to ensure exact tape location.

Extra Notes

For some clients the measurements will not be as noticeable as the visual contouring effect and how the client feels. You will hear the client saying "Now I can fit into my clothes that I couldn't wear before!"

For more information on the Fit Body Light and other cutting edge fitness products, visit our website elixa.com.

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