

EVOLT

EVOLT SCAN RESULTS COMMON INFLUENCES



There are a few common factors that can influence a client's scan result. Understanding how each factor can affect a person physiologically will help you better interpret and explain an individual's scan result sheet.

The key is to ensure that your clients' or members' pre-scan conditions are consistent for each scan. Any changes in the factors listed below between scans may raise concerns about accuracy.

COMMON FACTORS

Carbohydrates

- Carbohydrates metabolize into glycogen in the body.
- Glycogen binds to 3-4 molecules of fluid.
 - An increase in carbohydrates typically shows up on the result sheet as an **INCREASE** in total body water, skeletal muscle mass, and lean mass, which by default results in a **DECREASE** in body fat mass and subsequently a **DECREASE** in body fat percentage.
 - A decrease in carbohydrates typically shows up on the result sheet as a **DECREASE** in total body water, skeletal muscle mass, and lean mass, which by default results in an **INCREASE** in body fat mass and subsequently an **INCREASE** in body fat percentage.

Exercising Prior to a Scan

- When we exercise, we increase blood flow around the body and blood flow in our muscles.
 - A workout prior to a scan typically appears on the result sheet as an **INCREASE** in skeletal muscle mass and lean mass, along with a **DECREASE** in body fat mass and subsequently a **DECREASE** in body fat percentage, due to the increased blood volume in the muscles after training.

Caffeine, Pre-Workout, and Alcohol

- Caffeine, pre-workout and alcohol all act as diuretics in the body.
 - Diuretics affect our bodies by helping us excrete more fluid from our bodies.
 - Any of these supplements will cause a decrease in water and appear on the result sheet as a **DECREASE** in total body water, skeletal muscle mass, and lean mass, along with an **INCREASE** in body fat mass and consequently an **INCREASE** in body fat percentage.

Creatine

- Creatine will increase the total amount of intracellular water within our bodies.
 - Creatine will typically show up on the result sheet as an **INCREASE** in total body water, skeletal muscle mass, and lean mass, which by default results in a **DECREASE** in body fat mass and subsequently a **DECREASE** in body fat percentage.

Menstrual Cycle

- Over the course of the menstrual cycle, a female's hormones fluctuate, causing shifts in total body water and body weight.
- The best phase of the cycle to scan is typically day 7-8, right after the menstruation phase, when hormones, water, and body weight are most stable.
- If scanning on days 7-8 is not possible, we recommend scheduling scans during the same phase of the cycle to achieve the most reliable and consistent results. For this reason, we suggest scheduling scans every 4-8 weeks.

Hydration

- The lack of proper water consumption the day before a scan can influence the scan result sheet.
 - Males are recommended to have 3L of water the day prior to a scan.
 - Females are recommended to have 2L of water the day prior to a scan.
 - Low hydration levels will typically show up on the result sheet as a **DECREASE** in total body water, skeletal muscle mass, and lean mass, along with an **INCREASE** in body fat mass and consequently an **INCREASE** in body fat percentage.



SCANNING RESULTS CHEAT SHEET