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Al Libke, M.D.  
Chairman & Director  
The BeFitKids Project

Dear Dr. Libke:

This letter is a summary of our experience and satisfaction with the BeFitKids ELG (ElectroLipoGraph) Metabolic Analyzer method of assessing body composition in public school settings. We chose the BeFitKids Analyzer system for five reasons, namely, validity, reliability, simplicity, acceptability, and efficiency.

**Validity:** Based on our previous use of the BeFitKids Analyzer system for assessing body composition in our adult weight loss program participants and our senior exercise program participants, we were convinced that the data we obtained in the schools would accurately represent the students' percent body fat.

**Reliability:** Again, our previous use of the BeFitKids Analyzer system indicated a high degree of test – retest reliability, as long as the conditions were similar. We therefore had confidence in the comparative body composition scores for the experimental and control groups of selected students.

**Simplicity:** The simplicity of the BeFitKids Analyzer system made it the practical choice for our “in-school” testing programs. We typically had approximately one hour to perform body composition assessments on 100 students. By setting up a height-weight station, an alcohol prep stations, and a test station, we were able to accommodate this large number of students without difficulty using two or three BeFitKids ELG Metabolic Analyzer units. The preparation requirements were so simple that the students and teachers had no problems with the testing procedures.

**Acceptability:** Due to the realities of the teaching environment in many schools today, teachers and evaluators are not permitted (in Massachusetts) to perform student assessments that involve exposing or touching various parts of the body required for some body composition assessments (e.g., skinfold measurements, circumference measurements, ultrasound measurements, etc.). When I appeared before the first School Board meeting to explain the BeFitKids ELG Metabolic Analyzer testing procedures, the members, administrators, teachers and parents present were relieved and pleased to learn that only the wrist and ankle areas would be accessed.



**Efficiency:** When numerous tests are performed efficiency is a critical concern for both the testing procedures and the data analyses. I have already discussed the simplicity/efficiency of the testing procedures. The data analyses is equally efficient in terms of printing out the individual body composition results, and for providing statistical information on the various participation groups. This has been most helpful in presenting the individual group data (e.g. class, gender, etc.) in a timely manner.

To date, we have been highly satisfied with the BeFitKids Analyzer Body Composition Assessment System. We have used this system on a variety of population groups (adult, seniors, overweight youth, etc.) with excellent results and receptivity.

Finally, we greatly appreciate your support of our testing and training programs within the schools in Eastern Massachusetts. We wish you continued success with your excellent work at BeFitKids.

Sincerely,



**Wayne L. Westcott**

Strength Training Consultant:

National YMCA

IDEA

American Council on Exercise

National Academy of Sports Medicine

National Youth Sports Foundation

International Fitness Institute

WLW/SFR