



Preparing for your InBody Test

For the most accurate test results, follow the short steps below. If the following guidelines cannot be met, test results may be skewed. Testing under the same conditions will allow for better comparability between tests.

Prior to testing, **do**:

- ✓ Hydrate well the day before
- ✓ Stand upright for at least 5 minutes
- ✓ Use the bathroom
- ✓ Remove all metal objects (jewelry, watches, belts, etc.), socks, pantyhose, shoes, and heavy articles of clothing
- ✓ Warm yourself up for 20 minutes if you are testing in cold weather

Prior to testing, **avoid**:

- ✗ Eating/exercising at least 3 hours
- ✗ Consuming alcohol or caffeine at least 24 hours
- ✗ Using a shower or sauna
- ✗ Using lotion/ointment on your hands and feet



Do not test if you are menstruating or have life-sustaining medical implants such as pacemakers or defibrillators

InBody

For more information regarding InBody devices, visit: www.inbody.com