

# THE INBODY TEST

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## TEST PREPARATION

Before each InBody Test, follow these guidelines to ensure your test results are accurate:

Prior to testing, **avoid:**

- ✘ Exercising 6-12 hours prior
- ✘ Eating 3-4 hours prior
- ✘ Consuming alcohol or caffeine 24 hours prior
- ✘ Using a shower or sauna
- ✘ Using lotion or ointment on hands or feet

Prior to testing, **do:**

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



**Please consult a physician before testing if you are pregnant, menstruating, or have medical implants such as pacemakers and other life-sustaining medical implants.**

