

Precautionary Steps

To ensure **consistent** testing conditions and **effective** tracking of body composition changes, follow these guidelines before each **InBody Test**.

DO



Try to test at the same time of day, every time



Maintain your normal fluid intake the day before



Stand upright for at least 5 mins.



Remove any socks or pantyhose



Remove all heavy clothing and accessories



Warm yourself up for 20 mins. in cold weather



Use the bathroom

DON'T



Eat or exercise for at least 3 hrs.



Consume alcohol for at least 24 hrs.



Consume excess caffeine for at least 24 hrs.



Use shower or sauna 1 hr. prior to testing



Use lotion/ointment on your hands & feet



FIND YOUR NEAREST
INBODY TESTING FACILITY

