

PREPARATORY STEPS

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

DO...



Maintain normal fluid intake the day before and hydrate one hour prior to testing



Test at the same time of the day every time



Use the restroom prior to testing
May skew fat mass/PBF result



Stand upright for 5-10 minutes prior to testing



Allow 20 minutes for body temperature to stabilize after exposure to cold/hot environments
May skew fat mass/PBF result

DO NOT...



Exercise prior to testing
May skew fat mass/PBF or SMM result
Test only after fully recovered (1-3 days)



Eat prior to testing
May skew fat mass/PBF result
Must wait at least 3 hours after last meal



Wear heavy clothing, accessories, or jewelry while testing
May skew fat mass/PBF result



Consume alcohol or excess caffeine 24 hours prior to testing



Have lotion/ointment on hands or feet
May skew fat free mass result



Wear any socks or pantyhose while testing
May skew fat mass/PBF result

TESTING CONSIDERATIONS



Cosmetic Implants
May skew fat mass/PBF result



Low-Carb/Keto Diet
May skew fat mass/PBF result



Metal Implants
May skew fat free mass result

Any skewed results will be consistent from test to test, so we recommend using your initial test as a baseline for tracking your body composition over time.