



InBody Session Protocol

Prepare for your BIA test by adhering to the following instructions:

- Do not eat for 4 hours prior to testing*
- Wear appropriate clothing for body analysis photos. As little clothing as comfortable is recommended to truly see any change between assessment photos (i.e Men remove shirt and remove/roll shorts up, women wear sports bra and athletic bottoms/ roll shorts up).*
- Use the restroom before measurement*
- Do not exercise 12 hours prior to testing*
- Do not consume alcohol for 24 hours prior to testing*
- Hydrate well the day before*
- Do not drink caffeine on the day of your test*
- Ensure access to both feet with removable footwear (no socks or pantyhose)*
- Do not wear jewelry- all jewelry will have to be removed prior to testing*
- There is no need for lotion/ointment on your hands and feet*
- Do not exercise or take a shower before measurement*
- Measure after standing for at least 5 minutes*
- For females, avoid having measurement during menstrual period as total body water will be higher than normal*
- Not pregnant*
- No pacemaker*

*Bring a snack to eat, preferably a shake or something drinkable, for after the InBody