

InBody 570 Session Protocol

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

- Not pregnant*
- No pacemaker*

Starts the Day BEFORE your InBody 570 Analysis

- Do not consume alcohol for 24 hours prior to testing*
- Hydrate well the day before*
- Do not exercise 12 hours prior to testing*
- Do not eat for 4 hours prior to testing*
***Bring a snack to eat, preferably a shake or something drinkable for after the InBody Analysis. This will ensure you regain your energy for your workout!**
- Use the restroom before measurement*
- 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 the analysis during menstrual period as total body water will be higher than normal*