## **How to Prepare for Your Body Composition Test:**

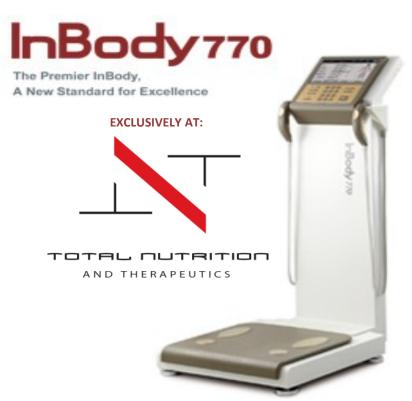
## Do's and Don'ts to get your most accurate test

## Prior to Test: PLEASE AVOID:

- Exercising 6-12 hours prior
- Eating 3-4 hours prior
- Consuming alcohol or caffeine 24 hours prior
- Using a shower or sauna within 2 hours due to change in body temp
- Using lotion or ointment on hands or feet

## Prior to Test: PLEASE DO:

- Hydrate well the day before
- Stand upright for at least 5 minutes for circulation
- Use the bathroom to empty bladder/bowel
- 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



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