

# 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*

**InBody 770**

The Premier InBody,  
A New Standard for Excellence

EXCLUSIVELY AT:



TOTAL NUTRITION  
AND THERAPEUTICS



**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.