

Session Protocol – InBody

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

- Do not eat for 4 hours prior to testing
- 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
- Insure 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
- Keep room temperature at 68 ~ 77°F (20 ~ 25°C)
- Warm up yourself for 20 minutes before a test performed in winter
- For females, avoid having measurement during menstrual period as total body water will be higher than normal