



# InBody

## STUFF TO KNOW BEFORE YOUR INBODY TEST

DISCLAIMER! Although InBody is medical grade technology, no tech is perfect. While it provides helpful metrics and is far superior to handheld monitors or calipers, any number of factors (including some described below) can impact your readings.

For best results, please follow the directions below and strive to take the test under the same conditions (time of day, hydrated, fasted, etc). Just like all metrics, InBody readings should be taken with a grain of salt. Please don't live or die by these readings! Remember, the numbers are less important than the trends they show over time. <3

- Hydrate well and space your water intake the day before your test (Aim for half your bodyweight in ounces of water)
- Do not drink caffeine on the day of your test
- Do not eat for 4-6 hours before your test
- Do not exercise for 6-12 hours before your test
- Do not take the test after a shower or sauna
- Do not consume alcohol for 24 hours before your test
- Insure access to both feet with removable footwear
- Do not wear jewelry
- There is no need for lotion/ointment on your hands and feet
- Use the bathroom prior to your test for most consistent results
- Take the test after standing for at least 5 minutes
- Warm up for 20 minutes before a test performed in winter
- Avoid having the test during menstrual period as total body water will be higher than normal
- Individuals with pacemakers or other electronic medical devices should not take the test



# InBody

## STEPS TO FOLLOW DURING YOUR INBODY TEST

1. Wipe hands and feet with InBody Tissue
2. Remove shoes, socks, heavy articles of clothing and empty pockets
3. Stand on scale for weight measurement
4. Match back of heels to rear edge of heel electrodes
5. Bare feet must contact electrodes
6. Weight is obtained automatically
7. Input Member ID, age, height, and sex then press ENTER
8. Hold handles lightly with thumb and fingers covering electrodes
9. Proper posture is normal standing position with arms and legs extended
10. Relax all muscles; do not tense or contract
11. Avoid direct contact between arm and side of body
12. Lift arms 15 degrees away from body during analysis
13. Avoid movement during analysis
14. Completed message appears at finish
15. Result sheet should be emailed to you automatically

For more information, visit [inbodyusa.com](http://inbodyusa.com).