

InBody



InBody Pre-Test Directions

- Maintain normal fluid intake 24 hours prior to your test
- Do not exercise 6 hours prior to your test
- Do not consume fluids 2 hours prior to your test
- Do not consume food 3 hours prior to your test
- Do not use the sauna or hot shower 2 hours prior to your test
- Do not consume excess amounts of caffeine or alcohol 24 hours prior to your test
- If you have a pacemaker or other life-sustaining implant, you will not be allowed to complete an InBody assessment

