



## Protocol for the Body Composite Testing

To ensure accurate results, please attempt to maintain similar testing conditions. For the body composition test it is important that you adhere to the following conditions:

1. Ideally perform the body composite test first thing in the morning or refrain from eating or drinking 3 to 4 hours before testing.
2. You must NOT have eaten any breakfast (so bring your breakfast with you to eat after doing the BC test). You may however drink water, milk, juice, plain soup, decaffeinated tea/coffee/soda (a cup).
3. You must NOT have consumed caffeinated or alcoholic beverages in the previous 12 hours.
4. You must NOT have done any excessive physical activity in the 24 hours before - so make the day before a lightly active day or a recovery day from training.
5. Do not exercise, take a hot shower, or use a sauna right before testing.
6. Stand still for approximately 5 minutes before testing.
7. Refrain from taking diuretics such as caffeine, alcohol, and medications affecting body water before testing.
8. Use the bathroom prior to testing.
9. Wear light clothing for the test and remove all metals.

### **Please note:**

1. People with electric medical devices such as pacemaker or any metallic supports should NOT be tested.
2. Women who are pregnant are not recommended to do the InBody test.
3. Women who are menstruating are not recommended to do the InBody test.