



Protocol for the Body Composite Testing

To ensure accurate results, please attempt to maintain similar testing conditions.

Prior to testing:

DO

- Maintain your normal fluid intake the day before
- Stand upright for at least 5 minutes
- Remove the following items:
 - Socks
 - Heavy objects like jewelry, watches, belts, wallets, and jackets
- Warm yourself up for 20 minutes in cold weather
- Use the bathroom

DON'T

- Eat or exercise for at least 3 hours
- Consume alcohol or excess caffeine for at least 24 hours
- Take a shower or use a sauna
- Apply lotion and/or ointment on your hands and feet

Although the InBody provides accurate and precise results for the majority of users, certain conditions may skew body composition results or users may not be recommended to test based on their unique circumstances.

Skewed results:

- Individuals:
 - On their menstrual cycle
 - With breast and/or metal implants

Not recommended:

- Pregnant women
- Individuals with pacemakers (without prior approval)
- Amputees and/or individuals who are unable to stand