

InBody

Prep Steps



To ensure consistent testing conditions and effective tracking of body composition changes please follow these guidelines before each InBody Test.

DO . . .

Maintain normal fluid intake the day before and hydrate one hour prior to testing

Test at the same time of the day each time you test

Use the restroom prior to testing
(May skew fat mass/PBF result)

Stand upright for 5 - 10 minutes prior to testing

Allow 20 min for body temp to stabilize after being exposed to cold/hot temperature (May skew fat mass/PBF result)

DO NOT . . .

Exercise prior to testing

May skew fat mass/PBF result
Test only after fully recovered (1-3 days)

Eat prior to testing

Must wait at least 3 hours after last meal
May skew fat mass/PBF result

Wear heavy clothing, accessories, or jewelry while testing

May skew fat mass/PBF result

Consume alcohol or caffeine 24 hours prior to testing

Have lotion/ointment on hands or feet
May skew fat mass/PBF result

Wear any socks or pantyhose while testing May skew fat mass/PBF result

Testing Considerations:

- Cosmetic Implants
- Low Carb / Keto Diet
- Metal Implants

All may skew fat mass/PBF result

Please Note: Women who are pregnant or those with pacemakers should not use InBody.

Any skewed results will be consistent from test to test, so we recommend using your initial test as a baseline for tracking your body composition over time.