

## InBody Body Composition Testing Guidelines

- ✓ Maintain normal fluid intake the day prior, overhydrating will overestimate muscle mass, dehydration will under estimate muscle mass
- ✓ Don't consume alcohol or excess caffeine the day before (keep caffeine intake consistent)
- ✓ Drink 16-20oz water 45 minutes before test ONLY IF testing in the morning after sleeping
- ✓ Use the bathroom prior, if possible
- ✓ Stand upright for about 5 minutes prior, if possible
- ✓ Remove jewelry, watches, belts, wallets, jackets, and socks/tights
- ✓ Don't eat or exercise for 3 hours prior to testing, food can take 120 minutes to digest and absorb and will increase fat mass readings, strenuous exercise will alter fluid balance from sweat lost, and can affect body temperature and blood circulation
- ✓ Don't use lotion on hands or feet, it weakens the current going through the body
- ✓ Let the body warm up for 20 minutes if it's very cold weather. Changes in skin temperature can affect measurements
- ✓ Menstruation will also skew the results due to changes in body water as well as individuals with breast implants or metal implants. Metal implants will add to the individual's lean mass reading. This skew will vary depending on the size and composition of the implant. The weight of the breast implants will get added to the fat mass.
- ✓ Remain still as the measurement is being done and do not talk
- ✓ Test every 4 weeks, maintaining similar conditions (time of day) if possible for accuracy

**InBody testing is NOT recommended for pregnant women due to changes in body fluids compared to non-pregnant women (not because it's harmful) or individuals with pacemakers without prior approval from doctor**

