



# INBODY TEST PREPARATION

How to ensure accurate InBody test results.

For the most accurate test results, follow the short steps below. If the following guidelines cannot be met, test results may be skewed. Testing under the same conditions will allow for better comparability between tests.\

## **Prior to testing, do:**

- Hydrate well the day before
- Sit/lie down for at least 15 minutes prior to testing in seated/supine positions
- Use the bathroom
- Remove all metal objects (jewelry, watches, belts, etc.), socks, pantyhose, shoes, and heavy articles of clothing
- Warm yourself up for 20 minutes if you are testing in cold weather

