

# InBody Analysis Instructions

## STEPS BEFORE TESTING

Prepare for your InBody Test by adhering to the following instructions:

- › Hydrate well the day before – consistent water
- › Do not drink caffeine on the day of your test
- › Do not eat for 3–4 hours prior to testing
- › Do not exercise 6–12 hours prior to testing
- › Do not take InBody Test after a shower or sauna
- › Do not consume alcohol for 24 hours prior to testing
- › Insure access to both feet with removable footwear (no socks or pantyhose)
- › Do not wear jewelry- all jewelry will have to be removed prior to testing
- › There is no need for lotion/ointment on your hands and feet
- › Measure after standing for at least 5 minutes
- › Warm up yourself for 20 minutes before a test performed in winter
- › Individuals with pacemakers or other electronic medical devices should not take the InBody Test

*Note: Measurements during a menstrual period could cause slight variations between tests, as total body water may be higher than normal.*

## STEPS DURING TESTING

1. Wipe hands and feet with InBody Tissue
2. Remove shoes, socks, heavy articles of clothing and empty pockets
3. Stand on scale for weight measurement
4. Match back of heels to rear edge of heel electrodes
5. Bare feet must contact electrodes
6. Weight is obtained automatically
7. Input Member ID\*, Age, Height & Gender, then press ENTER
8. Hold handles lightly with thumb and fingers covering electrodes
9. Proper posture is normal standing position with arms and legs extended
10. Relax all muscles – do not tense or contract
11. Avoid direct contact between arm and side of body
12. Lift arms 15 degrees away from body during analysis
13. Avoid movement during analysis
14. Completed message appears at finish
15. Result Sheet will print automatically