

# InBody380

## Preparing for Your InBody Test

To ensure consistent testing conditions and effective tracking of body composition changes, please follow these guidelines as closely as possible before each InBody test:

### PRIOR TO TESTING

#### DO

- Maintain normal fluid intake the day before
- Stand upright for at least 5 minutes
- Remove socks
- Remove all heavy objects such as watches, jewelry, belts, and jackets
- Warm your body up for 20 minutes in cold weather
- Use the bathroom

#### DON'T

- Eat or exercise at least 3 hours prior to your test
- Consume alcohol or excessive caffeine for at least 24 hours prior
- Take a hot shower or use a sauna
- Use lotion or ointment on your hands and feet



SCAN OR CLICK FOR  
A DETAILED VIDEO  
OF PRE-TEST PREP!

