

PREPARING FOR YOUR BODY COMPOSITION ANALYSIS

1. Hydrate well the day before your test.
2. Do not consume alcohol within 24 hours of your testing appointment.
3. Avoid exercising for 6-12 hours prior to testing.
4. Avoid eating for 2-3 hours prior to testing.
5. Avoid drinking caffeine 6-12 hours prior to testing.
6. Avoid using lotion on hands or feet the day of the test.
7. Do not test immediately after a shower or sauna.
8. Use the restroom prior to testing.
9. Stand upright for at least 5 minutes prior to testing.
10. If testing when temperatures are below 50 degrees, warm up for 20 minutes prior to testing.
11. Avoid testing if you are pregnant, menstruating or have medical implants such as pacemakers and other life sustaining medical implants.