

BOD POD

- **NO** food, drink, tobacco/nicotine, caffeine, or over-the-counter medications (including vitamins and supplements) **2 hours** prior to the test. *Only water and prescribed medications are allowed.*
- **NO** physical activity (i.e., jogging, biking, brisk walking, and weightlifting) for **2 hours** prior to the test.

Appropriate Attire: SPANDEX or LYCRA material ONLY for ALL attire

NO COTTON MATERIAL ALLOWED

NO ACFT UNIFORM FOR BODPODS ALLOWED

MEN: *Form-fitting*, single-layer shorts, athletic underwear **OR** Speedo without padding

WOMEN: *Form-fitting*, one piece swimsuit **OR** single-layer shorts **and** sports bra without padding.

InBody 770

- **Do Not** eat or exercise for at least 3 hours prior to testing.
- **Do Not** drink alcohol or excess caffeine 24 hours prior to testing. Maintain
- **Do maintain your normal fluid intake & use the restroom before testing.**
- **Do Not** perform any heavy training right before testing.
- **Do Not** consume caffeine on the day of test.
- **Do Not** shower or use a sauna prior to test.
- **Do Not** use lotion or ointment on your hands and feet.
- **Do wear a t-shirt, spandex/exercise shorts for testing. Do not wear anything with metal in it (pants with metal zippers or buttons, bras with underwire, etc.)**
- **Please let us know if you are pregnant, if there is a chance of pregnancy or if you have a medical implanted device (ex. pacemaker) prior to testing.**

ENERGY BALANCE REVIEW

(Metabolic Assessment)

- **NO** food, drink, tobacco/nicotine, caffeine, or over-the-counter medications (including vitamins and supplements) **5 HOURS** prior to the test. Only water and prescribed medications are allowed.
- **NO** physical activity (i.e., jogging, biking, brisk walking, weightlifting) for **14 HOURS** prior to the test.

FITNESS ASSESSMENT

- **NO** food, drink, tobacco/nicotine, caffeine, or over-the-counter medications (including vitamins and supplements) **5 HOURS** prior to the test. *Only water and prescribed medications are allowed.*
- **NO** physical activity (i.e., jogging, biking, brisk walking, weightlifting) for **24 HOURS** prior to the test.
- Wear or bring workout attire. No boots are allowed on treadmill.
 - **If you are on a profile, you MUST bring a copy to your appointment as we may require a medical clearance prior to testing.**
 - **If you use an inhaler, you MUST bring it with you!**

