Thank you for scheduling an InBody assessment with us! We are happy to evaluate your body composition and provide you with useful results. Below you will find some additional information concerning your InBody assessment.

PURPOSE:
Assessing body composition can be helpful for:
- Understanding your current health status and body makeup
- Establishing optimal weight for health and physical performance
- Setting fitness goals
- Monitoring progress
- Motivating you towards more specific action/exercise

WHAT YOU SHOULD DO PRIOR TO THE TEST:
1. Hydrate well the day before.
2. Please wear comfortable shoes, and comfortable, flexible clothing.
3. Please do not eat or drink 3-4 hours prior to the test.
4. Please do not drink caffeine the day of the test.
5. Please do not drink alcohol at least 24 hours prior to the test.
6. Please do not smoke two (2) hours prior to the test.
7. Please avoid exercising 6-12 hours prior to the test.
8. Please avoid showering or using a sauna right before the test.
9. Please avoid using lotion or ointment on hands or feet.
10. Please DO take all regular medications prescribed.

Please inform the trainer if you are pregnant or have medical implants such as pacemakers and other life-sustaining medical implants.

The test will take approximately 15-30 minutes and will take place in the fitness assessment room (B40G). For best results, please use the restroom prior to testing. Also, please remember to purchase your InBody assessment at the RPAC Welcome Center, or online at [recregister.osu.edu](http://recregister.osu.edu), before meeting your trainer/technician. You will meet your trainer/technician at the RPAC Fitness Desk and give them your receipt to verify payment.

Feel free to let us know if you have any further questions by contacting your trainer/technician, or contact the Personal Training Coordinator at ptraining@osu.edu.

THANK YOU!