



Know Before You Go

Who should not be tested on the InBody Machine? *

1. Individuals with medical implant devices such as pacemakers, or essential support devices such as patient monitoring systems, must not use this equipment. Safe, low-level currents will flow through the body during the test, which may cause malfunctioning of an implanted device, which could potentially endanger the life of the examinee.
2. Pregnancy- Bioelectrical Impedance Analysis (BIA) uses safe low-level currents, which are not harmful to the body. However, we do not recommend pregnant women test.
3. Do not take measurements during the menstrual cycle as females experience changes in body water during the cycle. This may result in measurement errors. We recommend 3-5 days “pre” or “post” menstrual cycle.

Day of test:

Take the test in the morning, if possible as close to awakening as you can. Body water tends to gravitate towards the lower body throughout the day, affecting accuracy of the test results.

Do not eat before testing. In cases where the examinee has already eaten, the test should be put off for at least two hours after the meal. This is because food mass is included in the examinee’s weight and may result in measurement errors.

Use the bathroom before testing. Waste is not included in the body’s compositional elements, but the volume of urine and excrement is included in the weight measurement, which may affect the accuracy of the test results.

Do not exercise before testing. Strenuous exercise or sharp movements can cause temporary changes in body composition. Even light exercise can change your body composition temporarily.

Stand still and upright for about 5 minutes before testing. Taking the test immediately after lying in bed or sitting for a long period of time might result in a slight change in the test results. This is because body water tends to move to the lower body as soon as the person stands or gets up.

Follow NJ HIIT staff instructions for a successful InBody Test.

What to wear for the test: For ideal test condition, it is the best not to wear any accessories or metal during the test. It is also recommended to avoid wearing excessively long clothing that may come in contact with the palms of your hands or the soles of your feet as this may result in minor changes in weight affecting the results.