Ideal InBody Procedure

To ensure consistent testing conditions and effective tracking of body composition changes, follow these guidelines before each InBody Test.

1. Fasted (at least 3 hours)
2. Before Training (at least 3 hours)
3. **Hydrated***
4. Morning

Ideal is not always realistic – realistically I recommend hopping on prior to training (having eaten your pre-training carbs to support performance within the last 60min) and making sure you are showing up hydrated by drinking enough the day prior and having a glass of water upon waking. Just keep it consistent between tests and monitor trends.

DO:

- Maintain normal fluid intake day prior
- Stand upright at least 5 min prior to getting on scale
- Use the bathroom if you need to
- Remove any objects from pockets
- Use inbody tissue before and after

DON'T:

- Eat a large meal or exercise at least 2 hours prior
- Use immediately after a shower or sauna
- Use lotion/ointment on your hands (use inbody tissue)

Recommended to test every ~4 weeks **under similar conditions**

- Whenever you choose to do the test just keep it consistent
- Focus on trends instead of actual numbers, there is always a percentage error rate in body comp analysis but focusing on trends will give you the objective info to show which direction you are progressing in

Contact Sam (performance dietitian) with any questions, to review results, make a plan to support training/performance/body composition goals, etc. **Telegram or Cell (520)-279-5648.**

If you're interested in how it works:

InBody uses bioelectrical impedance and varying frequency levels. The more frequencies, the more accurate. This 570 model utilizes 3 different frequencies.

Bioelectrical impedance sends low level electric currents through the body. Tissues conduct electricity differently, primarily due to differences in water content. Fat has lower water content than muscle, so it transmits electricity slower. Based on the rate the current moves through the body sections, the algorithms in the system can ***estimate*** body fat and muscle mass in an individual.

Hydration/dehydration will yield very different results, as with anything that effects fluid volume shifts (i.e food/fluid intake, training, how long you have been moving throughout the day, etc.)

- Overhydration = cellular swelling = higher total body water value = overestimation of muscle mass = lower estimated body fat
- Dehydration = cellular shrinking = lower total body water value = underestimation of muscle mass = higher estimated body fat