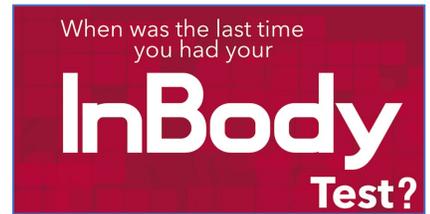


InBody 770 Assessment



TEST PREPARATION

****The fitness expert will guide you through this process; however, it is good to be prepared in advance of the appointment. Please read below information carefully and thoroughly.***

- Stand upright for about 5 minutes before taking test. Taking the test after sitting for a long period of time or lying might result in slight change in the test results.
- Do not eat before the testing or have eaten at least 2 hours before the test (the latter; however, may result in measurement errors).
- Use the bathroom before testing.
- Do not exercise before testing. Strenuous exercise or sharp movements can cause temporary changes in the body composition. Even light exercise can change your body composition temporarily.
- Wear light athletic clothing (refer to picture below) and be aware that you must be barefoot for the test.
- You may be asked to remove all jewelry.
- You must sign a liability waiver and must be 18 years of age to do so (otherwise, a parent or legal guardian must be present).

WARNING

Individuals with medical implants such as pacemaker, or essential support devices such as patient monitoring system, must not use this equipment. Safe low-level currents will flow through the body during the test which may cause malfunctioning of the device or endanger lives.

Children and people with limited mobility should be supervised or assisted when attempting to test on the InBody 770.

