



## **ARMED FORCES WELLNESS CENTER PRE-TEST REQUIREMENTS**

### **Body Composition (BOD POD/InBody 770)**

- ❖ **3 HOURS prior: NO** food, drink, tobacco, caffeine, or over-the-counter medications (including vitamins and supplements). Only sips of water and prescribed medications are allowed.
- ❖ **3 HOURS prior: NO** physical activity (i.e., jogging, biking, brisk walking, and weightlifting).
- ❖ **24 HOURS prior: NO** caffeine or alcohol
- ❖ Appropriate Bod Pod Attire:

Your PT uniform is **NOT** proper bod pod attire.



**ALL material must be spandex, lycra or nylon, ABSOLUTELY NO cotton. Swim cap on ALL clients**

For **MALES**, recommended clothing is either:

- (1) Form-fitting Speedo® or other Lycra®/spandex-type swim suit; or
- (2) Single-layer compression shorts (only shorts without padding)

For **FEMALES**, recommended clothing is either:

- (1) Form-fitting Speedo® or other Lycra®/spandex-type swim suit; or
- (2) Single-layer compression shorts (**only shorts without padding**) and single-layer (not padded) jog bra.

### **METABOLIC ASSESSMENT**

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

### **FITNESS ASSESSMENT**

- ❖ **3 HOURS prior: NO** food, drink, tobacco, caffeine, or over-the-counter medications (including vitamins and supplements). Only sips of water and prescribed medications are allowed.
- ❖ **24 HOURS prior: NO vigorous** physical activity (i.e., running, biking, high intensity interval training, weightlifting).
- ❖ Wear or bring appropriate workout attire and shoes. Boots are not allowed on treadmill.
- ❖ If you use an inhaler, you **MUST** bring it with you.
- ❖ It is recommended to bring a snack for after the assessment.