

BODY COMPOSITION MEASUREMENT AT WELLNESS CENTER

You have booked an appointment to InBody body composition measurement. The measurement takes place in Mikrokatu 1. Wellness Center is located in the building of KPY Novapolis, 4th floor, Hallway C. If needed, the lobby service by the main entrance can guide you to the right place. We will pick you up from the main lobby when agreed or if you get lost. In a situation like this, you can call Wellness Center's phone 044 785 6418. We are by the phone from 9 to 14.

The instructions for the InBody measurement are bellow. Please take your time to read them beforehand.

For the best possible measurement, we recommend the following:

- The measurement is performed on an empty stomach (at least two hours without eating and drinking)
- Avoid alcohol 48 hours before the measurement
- Use the toilet before the measurement, the bladder should be as empty as possible
- No exercise, sauna or shower before the measurement (they effect the body temperature and moisture)
- Avoid physical activity 12 hours before the measurement
- Avoid smoking, coffee and other caffeinated drinks 2 hours before the measurement
- Be up standing at least 5 minutes before the measurement
- In wintertime, make sure to be inside 20 minutes before the measurement (body temperature has time normalize)
- For accurate measurement of weight, take off all heavy clothes (the measurement is taken bare feet, so be prepared to take off your socks/tights)
- The follow-up measurements should always be performed in the same conditions

Pay attention

- The measurement is not performed on pregnant people, or people with pacemaker, other electronic medical device, limb prosthesis or artificial joint.
- Measurement during menstruation is not recommended.
- Diuretic medication distorts the measurement results.
- Body composition measurement gives the most accurate result as a fasting measurement. It requires 12 hours fast before the measurement, but you can drink 1-2 glasses of water in the morning.

Best regards,
Wellness Center Savonia
044 785 6418