

# Free Body Composition Testing Starting!

## In General

- We will be doing free body composition testing (bio-impedance method) from 9am-3pm, Monday Jan. 24th thru Friday Jan. 28th at FIT@PRC
- This is on a walk in basis. No appointment necessary
- The test takes about 5 min. (demonstration video on [fitprc.com](http://fitprc.com))
- There is another video on [fitprc.com](http://fitprc.com) titled 'Understanding Your Measurements', to help members interpret their results (we also have a couple of hard copies at the front desk)

## Before the Test

- Do not eat 4 hours before test
- Drink 16oz of water 2 hours before test
- Avoid caffeine 4 hours prior to test
- Refrain from using lotion on hands and feet the day of the test

