

BodyMOT Prerequisite



During your BodyMOT you will undergo many tests that require your body to be in a neutral state.

The purpose of the rules below are to ensure your body is in a state of normality and has had no secondary influences to the composition and chemistry of the body.

Failure to adhere to the following prerequisite will promote an invalid BodyMOT.

Tests include a urine test and pin prick blood test.

Please note; Cancellation of a BodyMOT within 24 hours – FULL payment is required.

The BodyMOT is not suitable for;

- Females who are pregnant
- Clients with pace makers

Please Note: You must inform your test Instructor if you are;

- Menstruating
- On prescribed medication
- Have a condition causing water retention or loss

Preparation prior to the test

- No eating 4 hours prior to the test
- No drinking 2 hours prior to the test
- No exercise 12 hours prior to the test
- No alcohol or caffeine 24 hours prior to the test
- Waiver release form to be completed

On the day of your test

- Wear light, loose exercise clothing
- Bring or wear your regular exercise shoe(s)

Appointment.....

BodyMOTPRE/01

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