



bioelectrical impedance

Jenifer Silvestre

drink 2 liters of water the day before evaluation

do not consume alcoholic beverages 48 hours before

fasting (water and food) 4 hours before

avoid performing the examination in the menstrual period

do not consume diuretic beverages in the week of the exam

go to the bathroom at least 20 minutes before the exam

not perform physical activities at least in the 12 hours preceding the test (including work out, weights, run, and others exercises in general)

*balance and
mindful eating*

