



Become the best version of you.
One bite at a time.

WM4L Method

TRACK + MEASURE

Checklist prior to your appointment:

- ✓ No food/exercise two hours before testing.
- ✓ No alcohol for 24 hours.
- ✓ No test immediately after shower or sauna.
- ✓ No lotion on hands or feet.

⚠ Individuals with electronic life-sustaining devices, such as a pacemaker and those who are pregnant or during menstruation are advised not to take this test.