

## MOT pre-test instructions

This test will measure your blood pressure, body fat percentage, heart rate, stamina, strength, flexibility, body measurements and lung function. In order for the test results to be accurate you must comply with the pre-test instructions.

- Have a good night's sleep the night before.
- No eating or drinking 4-5 hours before the test.
- Avoid significant exertion or exercise 12 hours preceding the assessment.
- If feeling at all unwell cancel and rebook the assessment.
- Drink plenty of fluids over the 24 hour period before the test.
- Avoid smoking, drinking alcohol and caffeine 24 hours preceding the test.
- Wear comfortable, loose fitting clothing and suitable footwear (training shoes). Ladies do not wear leotards or one-piece clothing.
- The test is not recommended for females in the early stages of pregnancy or people with pace makers.