

Body Composition Measurement Testing *Quick, Convenient & Accurate*

What are the benefits of BOD POD® Body Composition Measurement?

BOD POD is highly accurate, and can detect even small changes in body fat and lean body mass (i.e., muscle, bones and organs). Body composition is one of the best indicators of overall health. The feedback you receive from your BOD POD assessment can be used to measure the success of your nutrition and/or exercise program, monitor for obesity (a risk factor for major diseases, like stroke and diabetes), help you lose or gain body fat safely, and fine tune your training regimen. The assessment is completely non-invasive and suitable for tracking your body composition over time.

How long does an assessment take?

You will be sitting inside the BOD POD cabin for about 3 minutes. During that time, the door will be opened and closed between two 50-second trials. Total time including goal setting and reviewing the results is approximately 15 minutes.

What should I expect?

Simply sit comfortably and quietly (no laughing or talking), relax and breathe normally and the BOD POD does the rest. Sounds relating to the valves opening and closing may be heard, but most people are unaware of the slight pressure changes that take place.

How accurate is it?

The BOD POD which uses air displacement technology is considered to be the gold standard of body composition measurement. The range of error for this test is ± 1 to 2.7%.



BOD POD Assessment Pricing

Members: 1 FREE per calendar year | \$55 for each additional or \$100 for a pack of 2

Guests: \$75 each or \$140 for a pack 2

To Schedule

Call (317) 274-3432 ext. 262 or email fitness@nifs.org

See back for more details >>

For best results, follow these simple instructions

Don't



Don't eat, drink or exercise at least 3 hours prior to testing.



Don't apply any lotions or skin creams prior to your test.



Don't wear glasses and/or jewelry during testing (if possible).

Do



Do use the restroom before testing, if necessary.

Do wear minimal, form-fitting clothing.



Men

Thin fabric shorts, lycra/spandex-type swimsuit or single-layer compression bike-style shorts (no padding).

Women

Lycra/spandex-type swimsuit or bike-style shorts and sports bra (no wire or padding),



Because of the sensitivity of the equipment, schedule subsequent visits under the same conditions (time of day, hydration levels, amount of facial and body hair, same clothing, and same day of cycle for women).



NIFS will provide a swim cap to compress any air pockets within the hair.

My Appointment is scheduled For:

Date: _____

Time*: _____

** Please check in 10 minutes prior to your appointment at the Fitness Center Service Desk. If you need to reschedule or cancel call (317)274.3432 ext. 262 or email fitness@nifs.org.*