



BODY COMPOSITION – THE BEST FITNESS INDICATOR:

The human body is made up of fat and lean body mass. Lean muscle mass includes muscle, bone and water. Fat is classified as two types. The first, essential fat, is found in the nervous system and other vital organs, and is necessary for normal body function. The type is storage fat, which is the extra fuel we store under the skin and around various organs.

JUST KNOWING YOUR WEIGHT ISN'T ENOUGH:

Many changes in body composition happen slowly over time. The gradual increase in body fat and loss of muscle mass often occurs without any change in weight. Having excess body weight and excess body fat are two different things. A large muscular person can be overweight without having excess body fat, while another person can look trim and have a high percentage of body fat. This illustrates why you can't rely on a scale to tell you the whole story. An accurate body composition analysis, rather than weight measurement, is the best indicator of your overall health and fitness.

HOW DOES THE BOD POD WORK?

The BOD POD is based on the same whole-body measurement principle as underwater weighing, except it uses air instead of water. The technology allows a patient to sit comfortably in the BOD POD's cabin while computerized pressure sensors determine the amount of air displaced by the subject's body.

WHAT YOU SHOULD KNOW ABOUT THE BOD POD TEST:

The BOD POD test is quick, taking less than 5 minutes from start to finish. Since it measures the amount of air a body displaces, minimal clothing is required, ideally a spandex swimsuit. For the same reason, the test subject wears a swim cap to compress the hair on the head.

PREPARING FOR A BOD POD TEST:

- 1) No eating 2 hours prior to the test
- 2) No exercise 2 hours prior to the test
- 3) No eye glasses or jewelry is to be worn during the test
- 4) **WOMEN** – 1 piece or 2 piece swimsuit or sportsbra and spandex shorts.
- 5) **MEN** – Spandex running shorts or spandex boxer briefs
- 6) Void bladder prior to testing

DURING THE TEST:

- 1) The BOD POD is calibrated and the patient is weighed.
- 2) Relax and sit up straight in the BOD POD's fiberglass cabin while the sensors measure the amount of air displaced by your body (3 x 50 seconds)
- 3) Limit your movement while seated in the cabin
- 4) Breathe normally