



## Preparation Instructions BOD POD

The BOD POD measures body mass, body composition and may be used to *estimate* resting metabolic rate. These measurements are calculated by measuring body density through air displacement in the BOD POD chamber. Knowing body density allows us to calculate the participant's lean mass (muscle, organs, bone) and fat mass.

Although the test is quick (5-10 minutes) and simple, this technology requires participants to wear specific testing attire. For the most accurate results:

**MEN** must wear:

- 1) Form fitting Speedo or other spandex type swim suit; or
- 2) Single layer compression shorts (without padding)

**WOMEN** must wear:

- 1) Form fitting Speedo or other spandex type swim suit; or
- 2) Single layer compression shorts (without padding) and single layer (not padded) jog/sports bra



Participants should arrive for testing wearing the recommended apparel. For individuals that must change, on site changing facilities are located within steps of the BOD POD.

To minimize total body volume, **ALL PARTICIPANTS** must also:

- 1) Wear a swim cap during testing. This is provided by the lab or you may bring your own.
- 2) Remove all jewelry
- 3) Try to arrive in a "balanced" hydration status (this can be accomplished by drinking water frequently the day prior to testing)
- 4) Try to empty your bladder just prior to testing (a bathroom is close to the BOD POD)
- 5) Remain completely relaxed, dry, and at a normal body temperature
- 6) Refrain from eating or exercising at least 2 hours prior to testing

**Please note that if these guidelines are not followed, the accuracy of the test will be compromised.**