

## BOD POD® Testing Information



The BOD POD is an air displacement plethysmograph which uses whole-body densitometry to determine body composition (fat and fat-free mass) in adults and children. It is considered the gold standard in body composition assessment. The BOD POD also provides an accurate estimate of resting metabolic rate. A full test requires only about 15 minutes, and provides highly accurate, safe, comfortable, and fast test results.

### Pre-Testing Instructions

- Avoid food, water, and exercise for 2 hours prior to testing
- Wear minimal clothing
  - Men: Form-fitting Speedo® or other Lycra®/Spandex-type swimsuit or single-layer compression shorts without padding
  - Women: Form-fitting Speedo® or other Lycra®/Spandex-type swimsuit or single-layer compression shorts without padding and jog bra
  - A swim cap (provided) must be worn, and all accessories (jewelry, eyeglasses, etc.) must be removed.

Prices can be found on the Physical Education, Health, and Recreation (PEHR) Jack R. Leighton Human Performance Laboratory webpage. Please note, our lab only accepts exact cash or personal check made payable to EWU.

The PEHR department is located in the Physical Education building, which is building number 35 on the attached map. BOD POD testing is conducted on the first floor in Room 112C.

