



A Guide to BOD POD Body Composition Measurement

What is **BOD POD** Body Composition Measurement?

The BOD POD is the industry's gold standard for precision body composition testing. Your body composition is the ratio of fat to fat-free mass and it is one of the best indicators of overall health and fitness. Your test results can be used by you and our team of professionals to make recommendations about your health, fitness, and strategies for reaching your goals.

How long does an assessment take?

You will be sitting inside the BOD POD cabin for about three minutes. However, during that time, the door will be opened and closed between two 50-second trials. Total time including test, goal setting and reviewing the results is approximately 25 to 30 minutes.

How accurate is it?

The BOD POD, which uses air displacement technology, is considered to be the gold standard of body composition measurement. It is as accurate as hydrostatic (underwater) weighing, but quicker and easier to perform. The range of error for this test is ± 1 to 2.7%. Only DEXA (Bone Densitometry) would be more clinically accurate, but requires great user knowledge, and is far more expensive than BOD POD, not to mention the fact that involves low levels of radiation.

What can I expect at my appointment?

BOD POD Body Composition testing only takes about three minutes. You'll sit comfortably inside the BOD POD cabin while it uses air displacement technology to detect body fat and lean body mass. You'll need to refrain from eating, drinking, or exercise for two hours prior to your test. You'll be asked to remove all jewelry, glasses, and socks. You'll need to wear a swim cap and minimal, form-fitting clothing such as a spandex-type swimsuit.

You may notice slight air pressure changes during testing, similar to being in an elevator. After your test, our exercise physiologists will review your results and help you determine safe, healthy goal weights based on your recommended body fat percentage.

What can my BOD POD results do for me?

- Determine your body composition up to a 2.7 % margin for error
- Provide a baseline of your current body composition for monitoring changes and tracking your success
- Give insight for making decisions about diet and exercise programs
- Begin monitoring the rate at which you are gaining or losing body fat to ensure safety
- Provide information to help your doctor assess your risk for weight-related health issues like stroke or diabetes

Information about cost and scheduling

Individual Rate: \$85

Companion Rate: \$72.50 (Bring a friend and save 15% each)

*Companion rate applies to first and repeat visits

**Testing appointments should be the same day

Group Rates:

For discounts of groups with a minimum of 10 people, call 919-684-9895 for more information.

Schedule for BOD POD Body Composition Measurement today!

Call 919-684-9895 or visit us at dukedietaandfitness.org.



Duke Diet & Fitness Center

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