

## Bod Pod™ Client Information



### Overview

The Bod Pod™ is considered a gold standard for fast, accurate, and safe body composition measurements. It measures mass on a scale and volume through changes in airflow in the chamber; these are then used to determine body density, and calculate fat vs fat-free mass.

This test is non-invasive and straight-forward, though there are preparations that need to be followed to maximize accuracy.

We do not recommend Bod Pod™ testing, for reasons of safety and/or accuracy, to anyone experiencing: pregnancy, severe lung disease (ex. COPD, emphysema, etc), or lymphedema.

### Client preparations

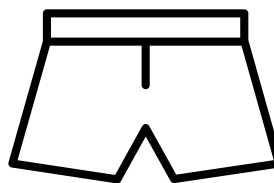
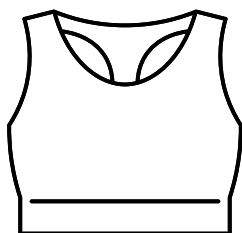
Any jewelry, eyeglasses, or other metals should be removed before entering the Bod Pod™. The Bod Pod™ measures air displacement in the chamber, and so anything that can trap air will affect its accuracy. A swim cap will be provided to wear during the test.



Avoid eating or drinking 2 hours before the test



Avoid exercising 2 hours before the test



We recommend you wear a tight-fitting swimsuit, bike or fitted shorts, sports bra. Please avoid anything with padding, pockets, or any loose-fitting clothing as these will impact results. You will be provided with a robe before/after the test.

## What to expect

The following information will be entered into the computer prior to testing:

- Name
- Date of birth
- Height
- Ethnic background
- Biological sex



Three short tests will be completed. **The total test time will be about 3 minutes, with each test lasting about 1 minute. While in the Bod Pod™, do your best to sit completely still and breathe normally.**

**If you need to stop the test at any point, you can press the button inside the chamber, or signal to your Test Administrator.**

Once testing is complete, the results will provide you with information about your body fat and lean muscle mass measurements. It will also provide brief explanations about each category or rating. Your Test Administrator can go over the results with you. Please keep in mind that we are not here to provide a health consultation, however we will do our best to address your questions.

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## FAQ's

### **Am I stuck inside?**

No, there is an emergency open button inside the chamber allowing you to open the door from inside, should anything happen.

### **Are there any risks?**

You may experience claustrophobia or the feeling of being shut-in. You can always press the button to open the door immediately, and the window on the chamber door will allow you to communicate with your Test Administrator. You will not be exposed to any physical danger during testing, and air will be continuously circulated throughout the chamber.

### **How much does testing cost?**

The CEPL offers Bod Pod™ testing for \$70. We only take exact cash.

### **Is there a height or weight limit?**

The Bod Pod™ has been used to test a range of bodies. Typically, the Bod Pod™ can accommodate individuals up to 7 feet tall and 550 pounds.

**If you have any questions or concerns, feel free to ask your Test Administrator, or contact the CEPL team.**

**You can direct your inquiries to:**

**cep.lab@ubc.ca | 604 827 1914**