

Spring into Wellness with BODPOD Body Composition Assessment

BHSU Exercise Science Club is hosting a Body Composition Assessment Event

Friday, March 28th from 9:00am-5:00pm

Saturday, March 29th from 9:00am-2:00pm

Walk-in appointments only

BODPOD assessments are the GOLD Standard for determining accurate body composition!

There are some specific instructions prior to coming that you need to follow listed below:

The surface area of clothing and hair can also have a significant impact on volume measurements. It is very important that anyone tested in the BOD POD wear recommended clothing as described below:

For MEN, recommended clothing is either:

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

For WOMEN, recommended clothing is either:

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

The effect of hair is addressed by having you wear a swim cap to compress the hair on the head. Even people with very little hair should wear the swim cap during testing. BHSU will provide you with a swim cap to wear during the test.

****Prior to a body composition test, the subject should use the restroom. You should not eat or exercise 2 hours prior to testing.****

For further information you can e-mail: Naomi.Jacobson@BHSU.edu



Directions to BODPOD:

- Donald E. Young Center
- Second Floor
- Room 215, Exercise Science and Health Research Lab

**The cost of the
BOD POD assessment is \$20
or
\$10 BHSU students
Cash or Check Only**



**Student
Organizations**

Persons with disabilities requesting accommodations for this event or for more information call 605.642.6378 or email Jessie.Gramm@BHSU.edu, at least 48 hours prior to the start of the event.

