



Healthy Habits

BOD POD *Body Fat Analysis*

Be one of the first at Calvin to have your body composition analyzed with the HPERDS department's new Bod Pod!

WHEN: Thursday, November 5 (During the Benefits Fair)

WHERE: Testing is conducted in the Human Performance Lab, Hoogenboom Recreation Center, Room 261

TIME: Call Natalie Hubers (6-6177) to schedule an appointment. Appointments are available between 7:30 AM and 5:00 PM. Please let Natalie know if you prefer a male or female technician when you call.



NOTE: This is a little more involved than our previous body fat screenings, but it still only takes about 10 minutes! You will need to wear skintight clothing, such as compression shorts or a bathing suit for an accurate measurement. Once you have signed up, read through the instructions on the second page of this flyer. There are only a limited number of times available, so don't delay scheduling an appointment!



Bod Pod

Testing Instructions

Once you are scheduled for an appointment, please make a note of your time on this form and print it out as a reminder. I am scheduled at _____ on Thursday, November 5.

To ensure accurate results, familiarize yourself with the following process.

Prior to Arriving

Within 3 hours prior to testing...

- Do not eat or exercise.
- Come normally hydrated. If you have exercised earlier in the day, make sure that you have replenished lost fluids.

Before the analysis can begin, you must...

- Be wearing skintight clothing, such as compression shorts or a tight bathing suit! Come dressed, ready to go at the time of your appointment. For your convenience, a locker room is available in the Human Performance Lab. Cover clothing may be removed in the privacy of the Bod Pod room.
- Have removed all metallic items, such as jewelry, glasses, and wrist watches.
- Be relaxed, dry and at normal body temperature.

Bod Pod Process

Step 1: Sign in at the Healthy Habits Benefits Fair table in the Spoelhof Fieldhouse Complex lobby.

Step 2: Proceed to the Human Performance Lab in the west hallway of the Hoogenboon Center (Room 261). Use the locker room in the Lab to change into your testing attire.

Step 3: Wait in the Human Performance Lab until a technician calls you into the Pod Bod room.

Step 4: Remove loose outer clothing in preparation for the test.

Step 5: The technician will give you further instructions regarding specific Bod Pod testing protocol, including placing a swim cap on your head (which we will provide). You will receive your results following the test.

Warning: Bod Pod testing involves sitting in a close space for 40 seconds at a time. While most people feel very little discomfort, let your technician know if this is a concern for you.

Note: Testing should last approximately 10 minutes. Be sure to arrive early. If you are late, your time slot may be used for another appointment or a walk-in.