



Welcome to the HIT Center of Jacksonville

Body Composition Testing (BodPod)

What is the Bod Pod?

The **BOD POD** is an Air Displacement Plethysmograph (ADP) that uses whole body densitometry to determine lean composition vs. fat composition. Similar in principle to hydrostatic (underwater) weighing, the **BOD POD** measures body mass (weight) using a very precise scale, and volume by recording your body's response to air while sitting inside the **BOD POD**.

When should the Bod Pod be performed?

The BodPod should be performed in a rested, fasted state with minimal interferences such as illness, excessive clothing, shoes, and jewelry.

Why is it important to measure body composition?

Weight alone does not distinguish between pounds that come from **body fat** and pounds that come from **lean body mass** or **muscle**. When determining health risks and level of fitness, an accurate measure of body fat is a clear indicator.

How does the BodPod work?

The **BOD POD**® uses air displacement **technology**, considered to be the Gold Standard of body composition measurement. It is as accurate as hydrostatic weighing, but quicker and easier to perform. The range of error for this test is ± 1 to 2.7%.

Preparation for your Bod Pod Test:

1. Avoid eating a meal 6 hours before the test. Water is OK.
2. Avoid exercise before your test.
3. Avoid stimulants such as caffeine before your test.
4. Wear spandex/compression shorts (males) or bathing suit (females) Swim cap will be provided.
5. Remove jewelry, shoes, and eyeglasses.

During the Bod Pod Test:

The BOD POD body composition assessment is safe, simple, and comfortable. Breathe naturally and relax. Your test results will be available to you in less than **10 minutes**.