



## WHY MEASURE BODY COMPOSITION?

According to the Centers for Disease Control and Prevention, 68% of Americans are either overweight or obese. Although people commonly make reference to being “overweight,” having excess body weight and excess body fat are two completely different things.

Our bodies can be divided into two main components... fat and lean mass. Although we need a certain amount of fat to ensure good health, excess body fat has been found to increase the risk of many diseases, including cancer, diabetes, and heart disease. Lean mass consists primarily of muscle, the major “metabolic engine” of the body. The more muscle in your body, the more calories you will burn...even while resting.

With this in mind, it is considerably more important to measure body composition than weight. A scale cannot tell the difference between a pound of muscle and a pound of fat. In fact, measuring body composition is one of the best indicators of health, reflecting both physical activity and nutritional practices. Over time, people tend to gain fat and lose muscle without any obvious change in their weight. Only by accurately measuring body composition will you learn the amount of fat and lean tissue that makes up your weight, enabling sensible decisions regarding nutrition and exercise programs. It is the best way to get the “whole picture” of what is really going on in your body.

Just as important as deciding to measure your body composition, is HOW you measure it. Many techniques, including bioelectrical impedance and skinfold calipers, have reported error rates of up to 8%. This means that if you have a body fat percentage of 20%, an inaccurate method could indicate your body fat as low as 12% or as high as 28%. It is no surprise that methods such as these can provide inaccurate and misleading information.

Although no body composition measurement technique can offer 100% accuracy, the BOD POD® Body Composition Tracking System provides accuracy within 1 to 2%. So whatever you do, be sure to select a method that will provide you with the accurate information needed for your good health.

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## MEASURING YOUR BODY COMPOSITION IN THE BOD POD®

Measuring your body composition in the BOD POD® is quick and easy. A complete test, including printed results, take five minutes.



The BOD POD® is considered the Gold Standard for body composition assessment and is based on the same principle as hydrostatic weighing. The difference is that the BOD POD® uses air instead of water to provide the most accurate body composition measurements available today. And best of all, no one gets wet or feels like they are drowning!

### The BOD POD® test...

First, you are given a swim cap to wear (to compress your hair). Next, you are weighed and some basic identifying information is entered into the program. You then step into the BOD POD® and sit comfortably for two brief (50-second) measurements. Your results are printed and that's it...all in about 5 minutes.

### Preparing for your appointment:

- It is **ESSENTIAL** that you wear form-fitting clothing for accurate results. Acceptable clothing includes Spandex, Lycra® or other Speedo®-type swimsuit, compression shorts, and light-weight sports bras (no padding or wires).
- Do not eat or exercise within two hours prior to testing.
- Use the restroom, if necessary, prior to the testing.

### BOD POD® Test Reminder

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Testing Trainer: \_\_\_\_\_

At: CITY CLUB, 301 COMMERCE STREET  
FORT WORTH, TX 76102  
817.878.4094

