REQUIRED BODPOD PROTOCOL

Clothing Requirements:

Women	Men
Form fitting Speedo or other Lycra/spandex-type swimsuit or single layer compression shorts and single layer sports bra. ***No capri or long spandex pants**	Form fitting Speedo or other Lycra/spandex-type swim suit; or single layer compression shorts ***No underwear or boxer briefs**

Other Requirements:

- DO NOT EXERCISE 3-4 HOURS PRIOR TO TESTING
- DO NOT EAT/DRINK 3-4 HOURS PRIOR TO TESTING
- Prior to completing the body composition analysis, please use the restroom, if necessary.

BOD POD

Walk-ins are available:
M/W/F 1530-1615
T/Th 0630-0715