



## INSTRUCTIONS FOR BODPOD

### **BodPod**

The BodPod assesses body composition by measuring the mass and volume of a person sitting comfortably in the Pod. The report gives percent body fat, pounds of fat and non-fat, and an estimate of calorie expenditures at rest and during movement. If this is your very first BodPod test, we highly recommend you schedule the test in addition to a consultation with one of our registered dietitians for a full explanation of the results, complete with initial interventions.

**Price of the Bod Pod:** \$79.00

**Preparing for the Appointment:** Do NOT eat, drink, or exercise 2 hours before the test. All jewelry and metal will need to be removed. Bring or wear tight fitting clothes for the test (it's best to wear unpadded and fitted Lycra or spandex athletic shorts or swimwear).

***Limitations: Height: 7' Weight: 550LBS***

***PLEASE NOTE: Patients MUST wear appropriate attire. Under garments will not be allowed, and patients will be asked to reschedule.***

**Appointment Time:** Please allow at least 30 minutes for the Bod Pod test.

**Appointment Location:** The assessment will be conducted on the 2<sup>nd</sup> floor of the Anschutz Health and Wellness Center, located at 12348 E. Montview Blvd, Aurora, CO 80045. Parking is located in the lot on the south end. There are limited number of patient dedicated parking spots that are free however if there are none available there are additional spots for \$1/hour.

***\*Not covered by insurance***

***For additional questions, please call us at 303-724-9030***