

To schedule an appointment contact:
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THE BodPod EXPERIENCE.



What is the BodPod and How Does it Work?

The BodPod is quickly becoming the most practical “gold-standard” measurement of Body Composition available today. It uses air displacement to measure body volume, which then allows for a precise calculation of your body composition.

What do I have to do?

Before your appointment, you are required to:

- 1) Avoid food, caffeine, or nicotine consumption 3-4 hours before the test
- 2) Avoid drinking any alcoholic beverages 24 hours prior to the test.
- 3) Avoid exercise 6 hours prior to the test
- 4) Bring a spandex swimsuit (men or women) or spandex sports bra and spandex shorts (women). We have shorts that you can use if you do not own any.
- 5) At the appointment, you will be asked to sit still and breathe normally in the BodPod for 2 bouts of 1-2 minute testing intervals. That's it!

Where do I go?

We have moved! The NEW Exercise Physiology lab is located on ISU's campus in McCormick Hall, room 177. Please be prepared to pay for parking in a meter or in a pay lot. The following links will help you find parking and direction to the lab: <http://tinyurl.com/directionstoSUexphyslab> or <http://www.parking.ilstu.edu>

What does body composition measure?

It measures the ratio of two components of body mass: Fat & Fat-Free Mass.

- Fat mass consists of essential fat needed for everyday physiology functioning & storage fat used for energy expenditure
- Fat-free mass consists of body muscle, bone, water, organs, & connective tissue.

Why is it important?

Body composition reflects the results of both physical activity and nutritional practices. A scale alone cannot differentiate between a pound of muscle and a pound of fat; therefore it can be very misleading.

Body composition measurements can:

- Determine a healthy or goal body weight
- Assist with formulating nutritional recommendations & exercise prescriptions
- Determine competitive body weight for athletes
- Monitoring the growth of children and adolescents and identifying those at risk due to under- over- fatness
- Assess composition changes associated with aging, malnutrition & diseases
- Assess the effectiveness of nutrition and exercise programs

How much does it cost?

Please note that we only accept CASH or Checks made payable to: ISU Exercise Physiology Lab. We do not accept credit cards or Redbird cards at this time.

- General Public- \$50
- 5% discount w/ purchase of 2 or more lab services

Please inquire about group and ISU discounts!