

BOD POD Testing

What is BOD POD Testing?

The BOD POD is the Gold Standard for measuring body composition. This computerized, egg-shaped machine can accurately measure your weight and volume to determine body mass density and calculate your percent body fat. This unit is highly accurate and one of the best ways to help determine lean body mass and identify your metabolism.

Who can benefit from this test?

- Health conscious people wanting to improve their body mass.
- Weekend Athletes training and wanting to be able to improve their training and fitness levels.
- People desiring to lose weight or improve their overall health. These results can help unlock your bodies nutritional needs and better identify your caloric goals.
- High school and semi-professional athletes needing to gain weight or improve lean body mass.



Mercy Health — Center of Excellence Sports Performance & Rehabilitation

1508 John St., Suite A, Cincinnati, OH 45214
513-985-1267

Mercy Health — Orthopaedic & Sports Medicine Institute Sports Performance & Rehabilitation

4700 Galbraith Rd., Suite 300B, Cincinnati, OH 45236
513-985-1267



What are the Benefits?

Take charge of your health with better knowledge and understanding of how your body works.

- Reducing health risks associated with high percent body fat.
- Improve your nutrition and training programs to optimize athletic performance.
- Track your progress with your Health care team on your road to wellness.

What to Expect

Due to this system being highly sensitive some procedure requirements include:

- Removal of all loose-fitting clothing, jewelry and eyeglasses.
- Form-fitting clothing is a must for accurate measurement.
- A lyra swim cap is recommended to reduce hair volume which can impact your results.

The test is completed quickly and will only take about 4 minutes. The total time for testing and review of the printed results can take up to 45 minutes.

For more information or to schedule an appointment for your BOD POD testing, please call our specialist at 513-985-1267

