



**To schedule an appointment for the Bod Pod, please call (530) 898-6373.  
Appointments are available Monday, Wednesday and Friday  
From 7:30-11:30 AM.**

## Subject and Test Preparation:

### Clothing:

Male– 1.) Form-fitting Speedo or other Lycra/spandex-type swim suit; or  
2.) Single-layer compression shorts (only shorts without padding).

Female 1.) Form-fitting Speedo or other Lycra/spandex-type swim suit; or  
2.) Single-layer compression shorts (only shorts without padding) and  
single-layer (not padded) Jog bra.

If necessary, prior to a body comp test, the subject should use the restroom. Jewelry and eyeglasses should also be removed, and the subject should not have exercised prior to testing. The test will take approximately

During the volume measurements of a body composition test, the subject must wear a swim cap. If you do not have a swim cap, one will be provided for you. Please do not drink any coffee or carbonated beverages at least 2 hours prior to test.

**PLEASE COME WITH THE APPROPRIATE CLOTHING OR  
THE TEST WILL BE RESCHEDULED!**