

The BOD POD

For those employed in the military physical fitness plays a significant role in unit readiness and performance. Personnel must be fit and ready at all times, and the need for a high level of fitness is essential to avoid injury and stress.

Excess body fat has been shown to have a negative effect on job performance and health, resulting in decreased oxygen consumption and increased potential for associated diseases such as cardiovascular and diabetes. In fact, research shows that heart disease is the number one cause of death for on-duty firefighters.

In recent years, public safety units and military organizations have determined that an accurate body composition assessment provides the most valuable feedback necessary to help achieve and maintain appropriate fitness levels.

Accurate body composition analysis is used to:

- Evaluate and track the effectiveness of training and fitness programs;
- Maximize levels of strength and performance;
- Prevent injuries;
- Manage disease risk factors;
- Monitor shifts in body composition over time.



Test Process: A BOD POD *Gold Standard* body composition assessment is extremely simple, comfortable, and takes only about 5 minutes. The test sequence is as follows:

1. Basic subject information is entered into the computer.
2. The BOD POD is calibrated.
3. The subject's mass is measured using the integrated digital scale.
4. The subject's body volume is measured while sitting inside the BOD POD.
5. The subject's Thoracic Gas Volume (TGV) is either measured or a prediction equation is used.
6. Test results are displayed, which can then be printed, saved, and/or exported.

Team Hill federal employees can also set up an appointment for the BOD POD. To set up an appointment, call the Health and Wellness Center (HAWC) at 777-1215