Congratulations! Now that you have scheduled your appointment, please follow the guidelines below to best prepare for your assessment.

**BOD POD Assessment Preparation**
BOD POD assessments require minimal preparation.
1. Do not eat or drink anything for at least 2 hours prior to your test.
2. Limit activity prior to your visit. Do not exercise for at least the 2 hours prior to your test as elevated breathing and body temperature may interfere with your test results.
3. Schedule subsequent visits under the same conditions (time of day, hydration levels, etc.).

**Recommended Clothing**
**MEN** - Form-fitting Speedo® or Lycra® / spandex-type swimsuit, or single-layer compression shorts (without padding).
**WOMEN** - Form-fitting Speedo® or Lycra® / spandex-type swimsuit, or single-layer compression shorts and sports bra (without padding or wires).
A swim cap is required for all testers and will be provided by Swinney Recreation Center.
*A changing area is available in Swinney Recreation Center near the BOD POD testing area; improper clothing may lead to inaccurate testing results. Please email if you have any questions regarding appropriate attire.

**What to Expect**
Once you have dressed in your proper attire:
1. Your height will be measured
2. Your mass will be measured by the BOD POD precisely calibrated scale
3. You will then sit in the BOD POD where your composition will be measured. While inside the BOD POD you will experience a pressure change equivalent to riding an elevator from the 1st floor to the 2nd. All you have to worry about is sitting still and breathing easily
4. Your test will be complete in just under 3 minutes

Results will be provided immediately after the assessment. A copy of all assessment results will be kept on file for 1 year (365 days). Swinney Recreation Center strongly recommends emailing your assessment results to a secure email and/or filing your results in a safe place.

**Reviewing Your Results**
Swinney Recreation Center’s Wellness Coordinator will review and explain your results and answer any questions you might have. Results include:
1. Certified Body Weight
2. Total body fat mass and lean body mass and corresponding percentages of your total mass
3. Resting Metabolic Rate (RMR)
4. Total Energy Expenditure (TEE)

**Directions / Parking**
To best locate Swinney Recreation Center on the UMKC Campus, please secure your directions here. Campus parking information can be found here.

**Additional Questions**
Any additional questions? Please email or call 816.235.5425.