



Welcome to **Journey Fitness Lab**, New England's only mobile **Bod Pod®** testing service.

What is the Bod Pod®?

The Bod Pod® is the **Gold Standard** in body composition testing. Used by the NFL, NHL, major research facilities, and the military, as well as major TV shows like The Biggest Loser, the Bod Pod® offers accurate body composition statistics based on Air Displacement Plethysmography technology. This safe, non-invasive 5-minute test provides clients with their % Fat, % Fat Free Mass, Resting Metabolic Rate and overall body fat rating.

Do you ever wonder...

Are your diet and exercise choices really working for you?

Stop looking at the scale!

Body composition testing is one of the best indicators of your overall health! Knowing your personalized Bod Pod® results can provide you with a baseline of your current body composition and help you to make the right diet and exercise choices. Continuous monitoring of your results can help you decide if those choices are working for you.

The Bod Pod® Experience

Time

The Bod Pod® test itself takes only about 5 minutes. The entire process from start to results viewing is about 15 minutes.

Prep

No food, drink or exercise 2 hours prior to testing.

Attire

Tight fitting minimal clothing, such as a spandex bathingsuit, a Speedo® or non-padded, single-layer compression shorts (women: w/sports bra). Remove jewelry, glasses, socks. Journey Fitness Lab will provide disposable swim caps for your use.

Process

Sit quietly inside the cabin, relax and breathe normally—you'll feel slight air pressure changes, similar to being in an elevator. Testing takes only a few minutes.

Results

You will leave your appointment with a personalized results packet that contains further explanation of what your results mean.

