GET YOUR BOD IN THE POD

BOD POD TOWNSVILLE

About 18 months ago Paula Pool started researching trying to find a more accurate way to measure her clients' body fat percentages as most devices that gyms and health clubs use are callipers and bio-electrical devices (like the hand-held), which are documented to have issues reading internal or visceral body fat so tend to read low in body fat.

After many weeks of searching, Paula came across COSMED the world leading supplier of cardio pulmonary, metabolic and body composition assessment solutions to sports science, health and medical, professional sports and wellness. Founded in 1980, COSMED solutions are developed for either professional or medical use in hospital, primary care, university and education, sport and wellness markets and used in application fields such as human physiology, clinical nutrition, respiratory care, cardiac rehabilitation, research of obesity and diabetes. And that's when she discovered the Bod Pod!

The Bod Pod gold standard body composition tracking system is an air displacement plethysmograph which uses whole-body densitometry to determine body composition (fat and fat-free mass) in adults and children, and can accommodate a wide range of populations. Similar to under-water testing but using air rather than water.

The Bod Pod's precision, accuracy, and reliability have been validated through many independent research studies with various subject populations and in the field by leading universities, sports teams, fitness clubs, military organisations, and weight management centres.

The Bod Pod measures:

- Fat mass
- Lean mass in percentage and kilograms
- Total mass
- Resting metabolic rate in calories

A person's body composition is a direct reflection of their overall physical activity and nutritional practices. An accurate body composition analysis can identify important shifts in fat and fat-free (lean) mass components that a scale cannot. Being overweight or obese increases the risk for disease and health conditions such as:

- Hypertension
- Type II Diabetes
- Stroke
- Osteoarthritis
- Coronary Heart Disease
- Certain Cancers (endometrial, breast, colon)

Bod Pod Townsville is the only Bod Pod north of Brisbane with the other pod being at the University of Queensland. Bod Pod Townsville is available for any member of the public and is by appointment only. Many of the world's Bod Pods are not available to the public as they are in hospitals, military bases and universities.

You don't have to be a fitness pro, bodybuilder, or athlete to be tested. If you're interested to finding out how many calories you need either to gain or lose weight, looking to see if you're progressing in the right direction, or simply just want to know your true body fat percentage, then give Bod Pod a try.

With the Bod Pod, you'll experience none of the risks and discomfort associated with underwater submersion, x-rays, electrical current, and pinching. During testing, you just sit inside the Bod Pod for less than five minutes.

When you have a body composition test we will tell you the actual percentage of fat lost and what your lean mass amounts to, so you can be sure you're moving in the right direction.

Paula knows that losing weight is a legitimate and important health and fitness goal for many people; but it's important to remember that the numbers on the scale fail to tell the full story of your progress and success. Sure, the scale can be useful but it doesn't tell you a lot.

Did you lose five kilos of fat or five kilos of muscle? One outcome is desirable, the other is not.