



## ***Client Instruction Sheet for the Assessments***

### **BODY COMPOSITION IN THE BODPOD™**

- It is ESSENTIAL you wear form fitting clothing for accurate results. Acceptable clothing includes;
- Spandex, Lycra® or other Speedo®-type swimsuit or running clothing. **If you do not have the required clothing, Good Bodies provides 1-piece Speedo®-type swimsuits for MEN and WOMEN.**
- Do not exercise within 2 hours prior to the assessment.
- Do not eat or drink (even water) within 2 hours prior to the assessment.
- Use the restroom, if necessary, prior to the assessment.