

The BOD POD Body Composition Tracking System uses the same Gold Standard technique as underwater weighing to calculate **Lean Body Mass**, **Body Fat**, and **Metabolism**. It insures the optimal *performance*, *nutrition*, and *safety* of athletes.

Elite athletic teams use the BOD POD to:

- Provide players with additional motivation and knowledge of proper training principles to improve *performance*.
- Monitor and track the effectiveness of *nutrition*, rehabilitation, and training programs through changes in body composition, rather than static weight.
- Develop position and/or sport-specific body composition ranges to insure *safe* weight management practices.

The BOD POD is 100% non-invasive and provides the most accurate body composition assessments for elite athletes regardless of race, gender, or size.

## **BOD POD Clients Include:**

### **NFL**

Arizona Cardinals, Buffalo Bills, Miami Dolphins, Carolina Panthers, New York Jets, Chicago Bears, Oakland Raiders, Cleveland Browns, Philadelphia Eagles, Detroit Lions, Pittsburgh Steelers, Houston Texans, San Francisco 49ers, Indianapolis Colts, & Washington Redskins

### **University Athletics**

**ACC:** Boston College, Duke University, Florida State University, Georgia Tech University, University of Maryland, University of North Carolina & Virginia Tech University

**BIG 12:** Iowa State University, Oklahoma State University, University of Colorado, University of Kansas, University of Nebraska, University of Oklahoma & University of Texas

**BIG 10:** Michigan State University, Northwestern University, Ohio State University, Penn State University & University of Wisconsin

**BIG EAST:** Rutgers University

**CONFERENCE USA:** University of Alabama

**PAC 10:** Stanford University, University of Arizona, University of California, Berkeley, University of California - Los Angeles & University of Oregon

**SEC:** University of Arkansas, University of Florida & University of Tennessee

**SUN BELT:** Florida Atlantic University

**MAJOR INDEPENDENTS:** University of Notre Dame

### **International**

Chinese Institute of Sports Science, Hokkaido Prefectural Sports Center, Japanese Institute of Sports Science, Sport Authority of Thailand, Sports Science Institute, Aspire Sports Institute, Middlesborough Football Club & Welsh Rugby Union