



Fort Carson-MEDDAC News

New equipment provides better picture of your health

By: Selinda Torbert, Army Wellness Center

Call it an oversized egg. Call it a mini-spaceship. Chances are that many people will call it a lifesaver. What is it? The new Bod Pod at Fort Carson's Army Wellness Center.

The Bod Pod is the center's latest weapon in the fight to educate Soldiers, Family members and retirees about their overall health. It's considered one of the gold standards in measuring body mass.

Julie Richards, a Wellness Center health educator, said, "It gives you the standards of your health. There are no lies."

Why take the test? Because the way 150 lbs. are distributed on a person matters. If the majority of the weight is lean mass, it indicates better health. The Bod Pod breaks down the ratio of lean muscle mass to body fat.

It takes participants about 15 minutes to take the Bod Pod test, although fasting is required for some time before the appointment. Once seated in the equipment, the pod measures body composition through air displacement. It can also measure resting metabolism. That's how fast your body burns calories just breathing.

Tony Heinz, a nurse educator, has been conducting some of the tests at the Army Wellness Center.

"At first, they are a little hesitant. It looks small and little. Once they step inside, they realize how large it really is. They love the test. It's fast and accurate," said Heinz.

The Bod Pod is among a number of new pieces of equipment debuting at the newly renovated Army Wellness Center. AWC Fort Carson's programs center around physical fitness, healthy nutrition, health assessments, stress management, general wellness, and tobacco cessation. The Forrest Resiliency Center is at 1891 Prussman Blvd, Bldg. 1843. Call 526-3887 for more information.



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Staff at the Army Wellness Center - Fort Carson train on the new Bod Pod in preparation for clients.