

BODPOD ASSESSMENT

Thank you for purchasing a BodPod Assessment with the NDSU Wellness Center. Please complete and return this form to the Customer Service Desk or to ndsu.wc.fitness@ndsu.edu.

Purchase your BodPod assessment at the Customer Service Desk or at <https://wellnessportal.ndsu.edu>. After your purchase, you will be contacted within 3-4 business days at the phone number or email listed below, to schedule your assessment.

- We request that you contact the Wellness Center at least 12 hours in advance to cancel or change your assessment time. Any cancellation made within 12 hours of your appointment will be charged.
- There will be no refund given on unused assessments.
- Unused assessments cannot be transferred to another person.
- BodPod Assessments expire 6 months after purchase date.
- Please arrive to your assessment in proper attire as specified below.
- You will be sitting inside the BodPod cabin for about 3 minutes. Total time for the appointment, including goal setting and reviewing the results is approximately 10 to 15 minutes.

Please sign acknowledging these policies and procedures.

Printed name: _____ Date: _____

Signature: _____

Participant Information (Please print.)

First Name: _____ Last Name: _____

DOB: _____ Phone: _____

Email: _____ Membership Type: _____

Emergency Contact

Name: _____

Phone #: _____

BODPOD ASSESSMENT INSTRUCTIONS

Preparation (IMPORTANT)

- To ensure accuracy in your BodPod results, you must be wearing minimal, form-fitting clothing:
Men: Thin fabric shorts, lycra/spandex-type swimsuit or single-layer compression bike-style shorts (no padding)
Women: Lycra/spandex-type swimsuit or bike-style shorts and sports bra (no wire or padding)
- A swim cap will be provided to compress any air pockets within the hair.
- Get an adequate amount of sleep (6 – 8 hrs.) the night before your assessment.
- Don't apply any lotions or skin creams prior to your test.
- Remove glasses and jewelry (if possible).
- Avoid intentional exercise within 12 hours of the assessment. Exercise will elevate your blood pressure and resting heart rate - invalidating these measures.
- Avoid alcohol, eating, drinking, or smoking at least 3 hours before the assessments.
- Avoid caffeine or any diuretic, unless prescribed by doctor, 3 hours before the assessments.
- Please use the rest room prior to your appointment.

To cancel or reschedule your appointment, please call (701) 231-7360 at least 12 hours prior to your scheduled appointment.

Please contact Jenna Grabinski, Fitness Coordinator, at (701) 231-7360 or jenna.grabinski@ndsu.edu with any questions or concerns.

Thank you, we appreciate your business!