



BOD POD clients must wear Bod Pod Clothing described below:

SPANDEX or LYCRA material ONLY for ALL attire

MEN: Form-fitting, single-layer shorts OR Speedo without padding

WOMEN: Form-fitting, one piece swimsuit OR single-layer shorts without padding and sports bra without padding.

We will provide a spandex swim cap for all clients



The Army Wellness Center personnel will have to reschedule individual appointments if proper attire is not worn. When individuals wear the proper clothing criteria, it improves accuracy of the Bod Pod testing.