



BOD POD LAUNCH

POLICIES AND PROCEDURES

- MUST BE 18 YEARS OF AGE OR OLDER
- MUST WEAR TIGHT FITTING CLOTHING (NO UNDERWEAR) SWIM SUIT, BIKE SHORTS, ETC... FOR TESTING
- NO FOOD OR DRINK ALLOWED 2 HOURS PRIOR TO THE TEST
- NO JEWELRY, WATCHES, NECKLACES SHOULD BE WORN
- ACTIVE DUTY, DEPENDENTS, AND RETIREES ONLY
- MUST BRING A BATH TOWEL OR ROBE TO COVER UP FOR WALK BETWEEN LOCKER-ROOM AND BOD-POD ROOM
- 24 HOUR CALL-IN REQUIRED FOR RESCHEDULE OR TO CANCEL

TO SIGN UP:
MUST HAVE AN APPOINTMENT; CALL FOR AVAILABILITY:
805-606-2221

**BOD-POD HOURS OF
OPERATION AND OPERATOR:
STARTING 17 JANUARY 2012**

MONDAY'S 1400-1500
MS. MELINDA REED, HEALTH
PROMOTION DIETICIAN

WEDNESDAY'S 1500-1600
MR. DALE COLLINS, EXERCISE
PHYSIOLOGIST

FRIDAY'S 0830-0930
MR. JONATHAN LOW, HEALTH
PROMOTION MANAGER

