

# Body Fat Analysis Like a Professional Athlete



The BOD POD is the most accurate fast and easy way of measuring your body fat. The BOD POD is used by coaches of pro athletes to get precise and quantitative results.

*"We use a BOD POD that measures lean muscle mass... When you have something that can give something to you quantitatively... You just want guys to be efficient with what they have."*

**Brad Childress**  
Head Coach, Minnesota Vikings

Take advantage of this amazing and accurate machine. Get assessed today!

**A \$20 savings!!**

\$40 per test  
\$60 pre & post test  
\$70 (non-members) per test

Call today to schedule your BOD POD assessment!  
(407) 303-4148



*The  
Fitness Centre  
& Day Spa*



At Florida Hospital Celebration Health