

I was tested about 7 years ago with the Bod Pod and had a body fat percentage of 30 %. About two years ago, I started to eat right by watching my calorie intake and also started to go to the gym. I participate in the "Spin" class twice a week and work out with weights twice a week. When I was tested 7 years ago, I weighed 220 pounds and am 6' 1" and was 40 years old. I am now 47 years old and weigh 187 pounds with a body fat percentage of 20 %. I am definitely in better shape physically and mentally now than I was 7 years ago.

I feel that I am at a good weight right now and am motivated to maintain this weight. I think that the diet and exercise will contribute to me living a healthier and longer life. The Bod Pod is an accurate way of measuring your results. I knew that I had the weight loss, but was also very pleased to see that my body fat percentage was lowered to 20 %

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