

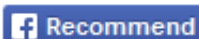
## CMU Lab Improves Body Health and Athletic Ability



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Created: Wed, 02 Jan 2013 05:57:36 MST

Updated: Thu, 10 Oct 2013 09:39:57 MST

**GRAND JUNCTION, Colo.-** A new Harris Interactive Poll of more than 3,000 adults show that the top New Year's resolution of Americans in 2013 is weight loss. Other top resolutions include exercise, improving finances and getting a new job. At Colorado Mesa University, there is a unique way students and community members can check out how to get in better shape by using a very specific device. CMU's human performance lab is a one-of-a-kind lab that offers multiple tests; allowing athletes, students and community members to see how they can improve their health, lose weight, increase their athletic ability, and/or prevent injuries while being active. The lab allows students to try machines for free, one being the Bod Pod. The Bod Pod is a machine that measures fat percentage and metabolic rates. The lab also allows students who are studying exercise and science, to intern, and get hands on experience. "People come from other states, a lot of people come from the front range, they even come from Boulder; where there's a lot of labs similar to this. They're still coming to us because we have all of it in one place," said Brent Alumbaugh, clinical coordinator. "It's probably the most helpful thing you can get. Most of the time for graduate students, they don't have access to performance labs. You usually have to wait until you're a grad student to get the hands on experience. In order to get into the masters program, this will get me that little head start when it comes to trying to get me into the better programs," said Sam Phillips, an intern. Lab experts say all of the athletic teams go to test their abilities, strengths and weaknesses, to see how they can improve themselves. Phillips, is on the cycling team and said by using the Bod Pod he is constantly learning more about how his body works which has improved his times significantly. This month all staff and faculty members at CMU are allowed to try out the Bod Pod for free as well as students, to help kick-start those New Year's resolutions. Community members can use the lab as well. The Bod Pod costs \$45, \$60 or \$100, depending on the package. To find out more head to CMU's website at [www.coloradomesa.edu](http://www.coloradomesa.edu).