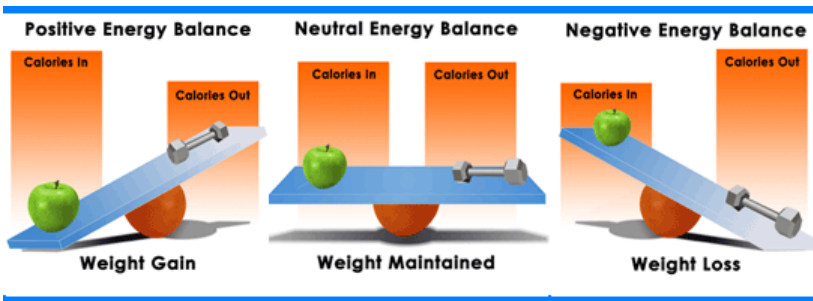




The Key to Weight Management: Balancing calorie consumption with calorie expenditure.

Everyone has a unique metabolic rate. Scientific studies show that even people with similar attributes like age, height, weight, and body composition can have very different metabolic rates. This means that if your metabolic rate is lower than average, you may gain weight even while dieting. Conversely, if the metabolic rate is higher than normal, you may never need to diet to lose weight. Metabolic testing reveals just how many calories your body burns at rest (RMR), giving you the data you need to plan a weight loss, gain, or maintenance plan designed to succeed.

Seventy percent of the total calories a person burns each day are composed of the calories needed for essential life processes as measured by the Resting Metabolic Rate or RMR. The remaining thirty percent of calories burned come from physical activity such as **digestion, activities of daily living and exercise**



When it comes to weight loss, there is no such thing as "one size fits all." Each person's metabolism is different based on genetics, eating habits, and fitness level. Each person gains weight for a variety of physical, emotional, and environmental factors. Charts and averages just aren't effective ways to construct a diet plan. Our equipment gives specific data to customize a personalized plan. Metabolic Testing will assist the individual in taking back control of their lives! With

measurements that are unique to their own body, they can make the choices that will benefit them the most and help them to achieve their weight loss goals

Testing the metabolic rate will determine exactly how much reduction in calories is needed to lose weight.

Individuals will also learn:

- How many calories they can consume without gaining weight
- What caloric deficit is required to lose weight
- Their unique personal metabolic requirements
- How many calories from exercise should be included in a balanced weight loss program



How do we do it?

In just 10 minutes, you can know precisely how many calories the body burns

- 1 ...RELAX. Avoid strenuous activities such as exercise or stressful situations that will prevent you from relaxing for at least two hours prior to your test. Avoid a large meal and caffeine (or stimulants) prior to your test. This can affect your results.
- 2 ...SIT comfortably while being tested. The technician will then place a nose clip on your nose, and you will be given a disposable mouthpiece to breathe through. This mouthpiece is connected to the testing machine by a hose that will measure how much oxygen you are breathing out. It is very important that you breathe only through the mouthpiece so this measurement will be correct. Both the mouthpiece and the tubing are sterile items that will be used only for you.
- 3 ...BREATHE. Finally, you just sit back and breathe. The testing is completed when your metabolic rate is calculated. This takes anywhere about 10 minutes. The more relaxed and even your breathing, the quicker it will be able to determine your resting metabolic rate. It will then print out your results.

CONTACT HEART SCREEN FOR MORE INFORMATION