

NOW AT TRIGGERPOINT TRAINING!

(IN THE PAST, A METABOLIC TEST HAS ONLY BEEN AVAILABLE AT UNIVERSITIES AND HOSPITALS)

These tests show precisely

**HOW MUCH YOU
BURN ALL DAY
EVERY DAY.**

WE NOW OFFER METABOLIC TESTING THAT IS A SIMPLE, TEN MINUTE BREATH TEST.

DURING THE TEST, THE AIR YOU BREATHE OUT IS ANALYSED TO DETERMINE HOW MUCH OXYGEN YOUR BODY CONSUMED. THIS IS HOW YOUR METABOLIC RATE IS MEASURED.

ONCE COMPLETED, YOUR METABOLIC RATE WILL BE USED TO CALCULATE **YOUR TARGET CALORIC ZONE**. THESE ZONES PROVIDE POWERFUL INFORMATION TO HELP YOU LOSE WEIGHT!

YOUR ZONES WILL SHOW YOU HOW TO EAT THE **MAXIMUM** AMOUNT OF FOOD AND STILL LOSE WEIGHT. YOUR BODY WILL BE HEALTHIER, YOU WILL FEEL GREAT and YOU WILL BE AMAZED WITH THE RESULTS!



**CALL 419-536-0408 TO SCHEDULE YOUR
METABOLIC EVALUATION TODAY!**

Why should I have my resting metabolic rate tested?

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 your metabolic rate is higher than normal, you may never need to diet to lose weight. Metabolic testing reveals how many calories your body burns at rest, giving you the data you need to plan a weight loss, gain, or maintenance plan designed to succeed.

What can I do to increase my metabolic rate?

One of the greatest factors that determines your metabolic rate is genetics, which you obviously cannot change. But another factor is how much muscle (lean body mass) you have. People with more muscle tissue usually have higher metabolic rates. Adequate sleep, decreased stress, small frequent meals, adequate water consumption, and regular exercise also can increase your metabolic rate.

The key to weight loss is to burn more calories than are consumed. But, how much does an individual need to cut back to actually lose weight? The [MetaCheck](#) answers that question. By eating to their precise metabolic needs, clients will be able to eat as many calories as possible, and still lose weight. This has 2 major benefits. First, there will be greater compliance to the diet since clients are not hungry or tired all the time. Second, the maintenance phase is simply a small increase in caloric intake. Thus, the client will "re-learn" what it means to eat to their metabolism.

Metabolic rate can change during a weight loss program:

Many factors can affect a client's metabolic rate. These factors include body composition, exercise, and diet. Changes in any or all of these factors can alter metabolic rate during the course of a weight loss regimen. Assessing the success of individual weight loss strategies can be accomplished by re-testing metabolic rate over the course of a program.