



VO2 & RMR Metabolic Assessments

METABOLISM MATTERS!

Ever wonder why one person gains weight from just looking at food while another can eat endlessly and never gain an ounce? Everyone has a unique metabolism just like they have different fingerprints and DNA. **Knowing your metabolism is the first step to wellness, fitness, and per4mance.**

RESTING METABOLIC RATE . . .

(RMR) lets you know how many calories you burn at rest. Therefore we can exact your need for calories (and what kind of calories) to increase per4mance at varying levels of intensity and/or reduce body fat. You will also learn at what ratio your body utilizes fat vs carbohydrates as an energy source. This is powerful information when designing an exercise and nutrition program because it can be designed specifically for your unique metabolism.



VO2 EXERCISE TEST . . .

guarantees the right data for you and your training or exercise regimen. Let our testing be your "coach" by utilizing our state of the art gas analysis equipment to take the guesswork out of your aerobic exercise prescription. Your oxygen and carbon dioxide exchange along with heart rate is analyzed while your exercise intensity increases. The test can be conducted on a treadmill or a bike.



PREREQUISITES . . .

Each test involves an hour long appointment and need to be scheduled on separate days. There are restrictions regarding food intake and exercise preceding each test. Instructions for both tests can be downloaded on our website. Headlines include:

- RMR's require a 12 hour fast with no exercise the day before or the day of the test.
- VO2 Exercise Tests require that you do not eat 3 hours prior to the test, nor should you exercise the day before or the day of the test.

Call 704.889.1458 To Schedule An Appointment

JUST 3 EASY STEPS

Are you looking to "shape-up", shed those unwanted pounds and become more fit? Now you can look and feel better in *just three easy steps!*

STEP ONE - ASSESS

With two assessments, we take a "snapshot" of your metabolism by:

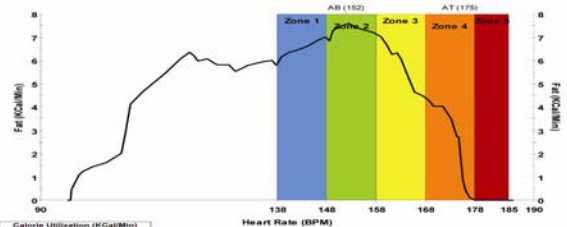
- Measuring your Resting Metabolic Rate to determine your daily caloric needs and...
- Assessing your body's response to exercise

STEP TWO - PERSONAL PROGRAM

Our fitness professionals then interpret the data—giving you an overview for nutrition and exercise.

You'll know:

- *How many calories you can eat without gaining weight and exactly how many calories to trim from your diet, plus...*
- *How to maximize your burn of calories from every workout*



Heart rate training zones based on your measured Anaerobic Threshold

Clients who request additional program design and management will be referred to our network which includes personal trainers, sports physiologists, or nutritionists.

STEP THREE - ACHIEVE SUCCESS

Your personal program provides you with all the tools and information to help you achieve your weight loss, fitness, and per4mance goals. This scientific approach will tip the "scales" in your favor!

