

Sign up for your own **Metabolic Test!**



Once your Metabolic Test is completed, the information will be used to calculate your **Target Caloric Zones**. With these Zones, you can learn what it means to "eat to your metabolism." You will be able to eat the maximum amount possible and still lose weight. *Your body will be healthy, happy and satisfied, and the pounds will melt off!* And keeping the weight off is no longer a struggle, because this time you have listened to your body tell you what it needs to succeed.

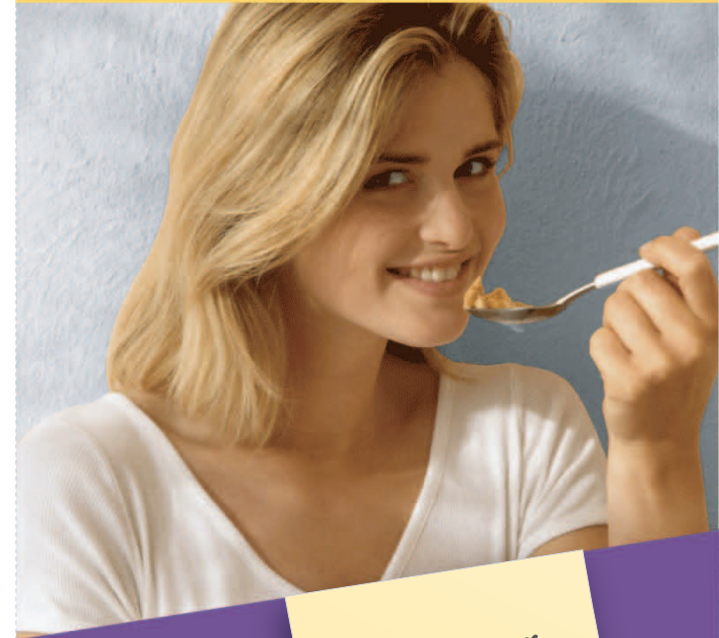
Learning to ***eat to your metabolism*** will free you to leave conventional diets behind and move on to a healthy and satisfying lifestyle!



Metabolic Measurements
Designed by

9AT0033 A

Eating to your
METABOLISM



*Dieting never
felt so good!*

Metabolic Testing
gives you the exact measurements
you need to succeed!





Metabolic Testing identifies your unique **TARGET CALORIC ZONES** so you can tip the scales to lose weight without depriving yourself.

Looking for a new diet?

You can find them everywhere...bookstores, infomercials, and any women's magazine at the grocery checkout. But with all the diet fads out there, over 90% of people who lose weight gain it all back.

The real key to weight loss is knowing precisely what YOUR body needs.

The only way to know just what your body needs is through Metabolic Testing.

Metabolic Testing shows you just what is going on inside your body. You can finally unlock the mystery of your own metabolism!



Metabolic Testing measures **what you burn...**

RMR

Your resting metabolic rate. This is the number we measure that is unique to you. It is the number of calories you would burn if you sat in a chair all day long.

LIFESTYLE

Your RMR is used to calculate how much more you probably burn by the simple daily activities of walking, eating, driving, etc.

EXERCISE

RMR is used to calculate how many calories you would burn if you exercised moderately for 30 minutes.

then calculates **how you should eat.**



MAINTENANCE ZONE

This is the number of calories you need to eat to stay at your current weight. This is very important to have tested at the end of your weight loss program... we all know that keeping it off is the hardest part!

WEIGHT LOSS ZONE

Based on your RMR, this is the MAXIMUM amount of calories you can eat and still lose weight at about 1.5 lbs a week. By truly feeding your body what it needs, you will feel calm and satisfied. This is not just another diet... it's learning to listen to your body tell you what it needs to succeed.

MEDICALLY SUPERVISED ZONE

Too few calories can cause you to lose muscle tissue, slow your metabolism, deprive you of vital nutrients, and cause you to regain lost weight very quickly. Only a physician can help you make dieting in this zone effective.

Imagine the success you will have when dieting feels this good!