

HOW DO I PREPARE FOR THE TEST?

The day of your BodyGem metabolic assessment:

- Do not eat or drink anything for at least 4 hours prior to your scheduled appointment. Water is OK.
- Do not exercise for at least 4 hours prior to your scheduled appointment.
- Do not consume caffeine or nutrition supplements for 4 hours prior to your scheduled appointment.
- Do not use nicotine for 1 hour prior to your scheduled appointment.
- Continue to take any prescribed medications.

YOUR BODYGEM METABOLIC MEASUREMENT APPOINTMENT:

Date: _____

Time: _____

Contact: _____

(Please call if you need to reschedule your appointment.)

**TRAIN SMART,
GET RESULTS.**

**BODYGEM
METABOLIC
ASSESSMENTS**

**\$50 MEMBERS,
\$80 NON-MEMBERS**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Manage A Healthy Lifestyle

Metabolism Matters



YMCA of the Greater Twin Cities
ymcatwincities.org

13-PF08

You are twice as likely to reach your weight loss or maintenance goals when you know your metabolic rate.



WHAT IS METABOLISM?

Your metabolism is the total number of calories your body burns each day. At rest, and on the move. Metabolism is comprised of normal bodily functions and daily physical activity.

WHY MEASURE YOUR METABOLISM?

When you know what it is, you can adjust how many calories you consume and burn each day to maintain or lose weight. It's that simple.

But there's no way to predict it. The only way to know it is to measure it. Everyone's metabolism is different, based on age, gender, bodyweight, muscle mass, hormone levels, illness or disease and medications.

You can learn your metabolic rate with a simple breath test that your Y Personal Trainer can give.

WHAT DO THE NUMBERS MEAN?

Once you know your daily calorie burn, your trainer will explain how to combine that knowledge with a smart nutrition plan to hit your goals quicker than you ever imagined. If you eat fewer calories than you burn, you lose weight. It's a fact. And you are twice as likely to reach your weight loss or maintenance goals when you know your metabolic rate.

HOW DO I SIGN UP?

Talk with a Personal Trainer at your Y to learn more and sign up for your BodyGem assessment.

Then prepare to be surprised by what a difference the knowledge makes. It's quick, easy and the smartest thing you'll ever do.

HOW CAN I USE MY BODYGEM METABOLIC MEASUREMENT?

It's simple. The BodyGem metabolic assessment provides you with an accurate daily calorie goal.

Regardless of what you eat, it is impossible to lose weight unless you eat fewer calories than you burn. With your BodyGem metabolic measurement, you will have a personalized nutrition and physical activity plan that guides you in losing or maintaining weight.

