

Metabolic Testing

Train Smarter....Not Harder!

At the Therapy & Wellness Connection we offer individualized endurance training supported by the best in science and technology. Using the New Leaf Personal Assessment System (www.newleaffitness.com) we are able to provide you with the personalized information vital to helping you meet your fitness goals. Participants wear a mask and fuel mixture is analyzed to give you a individualized results.

METABOLIC ASSESSMENTS

- Determine resting metabolic rate (RMR)
 - Client is seated in a comfortable position, while breathing into a mask for approximately 12 minutes.
 - "How many calories can I eat to lose/gain/maintain my weight?"
- Determine exercise/peak VO₂ with anaerobic threshold and heart rate zones
 - Client is exercising at personalized intensity wearing a mask and heart rate monitor to analyze data for approximately 15 minutes.
 - "What heart rate should I be exercising at to burn fat?"

INDIVIDUALIZED EXERCISE PLAN

- Cardiovascular exercise plan designed specifically to your heart rate zones
- Workout plan designed around your busy schedule and ability
- Accurately track your progress and modify your program to fine-tune your training.

TWC offers a variety of packages and services, each one designed to help you reach YOUR goals based on YOUR metabolic profile. For more information on pricing, contact Stacy McMahon at 319-332-0850 or email at smcmahon@bchealth.info.