

# 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](http://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 VO<sub>2</sub> 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](mailto:smcmahon@bchealth.info).