

What's Your Burn Rate?

Unlocking the mystery of your metabolism



How many times have you felt that you must have a slow metabolism because you can't seem to lose weight no matter what you try? Perhaps this could be true. Metabolism, or the rate at which you burn calories, plays a key role in weight loss and should play an integral role in determining your weight-management strategy.

Weight management can be simply a matter of arithmetic: balancing the number of calories "in" against the number of calories "out". If you take in (eat) more calories than you burn, you'll gain weight. If you take in fewer calories than you burn, you'll lose weight.

Now, regardless of what your unique metabolism is, there is help. Recently introduced are two new tools that take the guesswork out of weight loss. The first will determine your resting metabolic rate (RMR) and the second will help you work with your metabolism to improve your health and achieve your weight loss goals.

The BodyGem is a revolutionary, handheld device that allows you to measure your resting metabolic rate (RMR) easily and accurately. This number tells you the amount of energy (or number of calories) your body burns each day at rest—which can be up to 80 percent of the calories you burn daily! Because people burn calories at different rates, it is important for you to determine your unique metabolism, or burn rate, to successfully manage your weight. Age, activity level, diet, genetics and current weight all influence your RMR.

Once you take this simple breathing test, you'll know exactly how your body uses energy and you can design a nutrition and exercise program to meet your individual needs. You'll want to re-measure your metabolism as needed to adjust your program to your changing RMR.



Once you have determined your RMR, you are then ready to begin using BalanceLog, a user-friendly software application that allows you to quickly and easily establish and track your personalized nutrition and weight management program. It just takes a few minutes a day to log your food and exercise so you can monitor your energy balance equation (calories in – versus – calories out). It's easy and its fun to use!

If you are interested in learning your resting metabolic rate (RMR), please contact us to make an appointment. Knowing this number could be the start to your personal weight loss success!

Get the skinny on this revolutionary weight management tool.
