

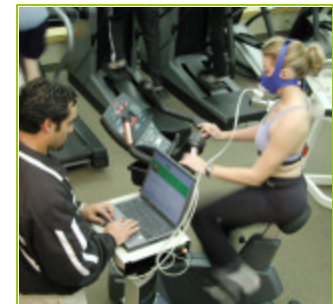


EXERCISE METABOLISM ASSESSMENT (VO₂)

Everyone's response to exercise is unique. To get the best results for YOU, it is very important to know the correct exercise intensity that will provide the optimum, sustainable burn of fat and calories, improve your fitness and your athletic performance. Estimations do not provide the individualized training programs you need. The New Leaf Active Metabolic Assessment System eliminates the guesswork that defeats most diet, exercise and training programs!

EXERCISE ASSESSMENT

- Depending on your exercise objectives, a Sub-Maximal or Peak VO₂ assessment may be performed
- Measures your current fitness level and unique response to exercise
- Simple to perform and requires only ten to twelve minutes to complete
- Assessments may be performed on any aerobic equipment such as bike, treadmill or elliptical
- System uses the same technology found in hospitals, Olympic Training Centers and Sports Medicine Clinics



Initial exercise assessment

YOU WILL LEARN:

- Your unique response to exercise.
- Your individual fitness level.
- How to avoid muscle soreness and over-training
- The correct exercise intensity levels to:
 - Increase the burn of fat and calories
 - Lose weight and inches
 - Improve cardiovascular fitness
 - Enhance athletic performance



Six week, four zone training plan

ACTIVE METABOLIC TRAINING PROVIDES:

- The trainer and client with complete reports showing Peak VO₂, Anaerobic Threshold, fitness level and caloric burn rate.
- The correct heart rate training frequency, intensity and duration to achieve targeted results.
- Ability to customize detailed plans for both aerobic and resistance training (optional)



Exercise smarter... Not harder!

For more information please contact:

FRESH!

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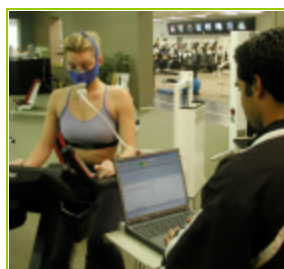
Pricing:

Initial Assessment: \$179 + GST

Future Assessment: \$159 + GST

EXERCISE SMARTER... NOT HARDER!

- The Active Metabolic Training Program identifies the optimal exercise intensity level to avoid the risks of under or over-training
- Exercising and training at YOUR correct heart rate frequency, intensity and duration helps you achieve your weight loss and fitness goals faster!



EXERCISE RE-ASSESSMENT

- It is ideal to be re-assessed at regular intervals to measure your progress and adjust your training program
- Improvements can be objectively documented to assist your trainer or coach and to motivate you!