



## RESTING METABOLIC RATE

How many calories can YOU consume without gaining weight? To effectively manage “Calories In” and “balance the Energy Equation”, it is important to know your daily caloric requirements. Approximately seventy percent of the total calories you burn each day are composed of the calories needed for essential life processes as measured by the Resting Metabolic Rate or RMR. The remaining thirty percent of calories burned come from physical activity such as digestion, activities of daily living and exercise.

### WHY MEASURE RMR?

Everyone’s metabolism and caloric needs are different. Your body’s metabolism is affected by:

- Genetics
- Age
- Gender
- Height
- Body Composition
- Activity Level
- Other physical and environmental factors

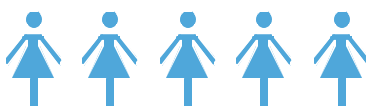


Everyone has a unique metabolic profile

### You will Learn:

- How many calories you can consume without gaining weight
- What caloric deficit is required to lose weight
- Your unique personal metabolic requirements
- How many calories from exercise should be included in a balanced weight loss program
- How many calories are burned from fat compared to carbohydrates

### RMR comparison as determined by estimate vs. metabolic measurement of subjects of same height, weight, gender and age.



Calories:					
Estimation	1724	1740	1743	1744	1743
Measured	1263	1523	1778	1979	2252
Difference	-461	-217	+65	+235	+509

\*Foster, GD et al; *Metabolism* 1988; 37 (5): 467-472

### MEASURED RMR VS. ESTIMATIONS

- RMR can be determined by estimations which are subject to significant error – as much as 20% to 25%.\* This can lead to an inappropriate nutritional plan for your needs
- The “gold standard” for determining RMR is through indirect calorimetry using a metabolic analyzer which measures both  $VO_2$  and  $VCO_2$  as provided by the New Leaf Personal  $VO_2$  Assessment System



### For more information please contact

**FRESH!**  
Ph: (403) 217-2730  
Fax: (403) 217-2736  
info@freshfitness.ca

### Pricing:

Initial Assessment: \$179 + GST  
Future Assessment: \$159 + GST

### NEW LEAF RMR ASSESSMENT

- Measures both  $VO_2$  and  $VCO_2$  for greatest accuracy
- Assessment is simple and easy
- Requires approximately 10 to 12 minutes to complete
- Creates a metabolic report which includes your RMR, total caloric consumption and action plan for weight loss
- Determines your ratio of fat and carbohydrate utilization
- Offers re-assessments which chart progress and change in RMR
- Your ongoing nutrition and exercise plans can be adjusted based on objective measurements instead of guesswork!

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