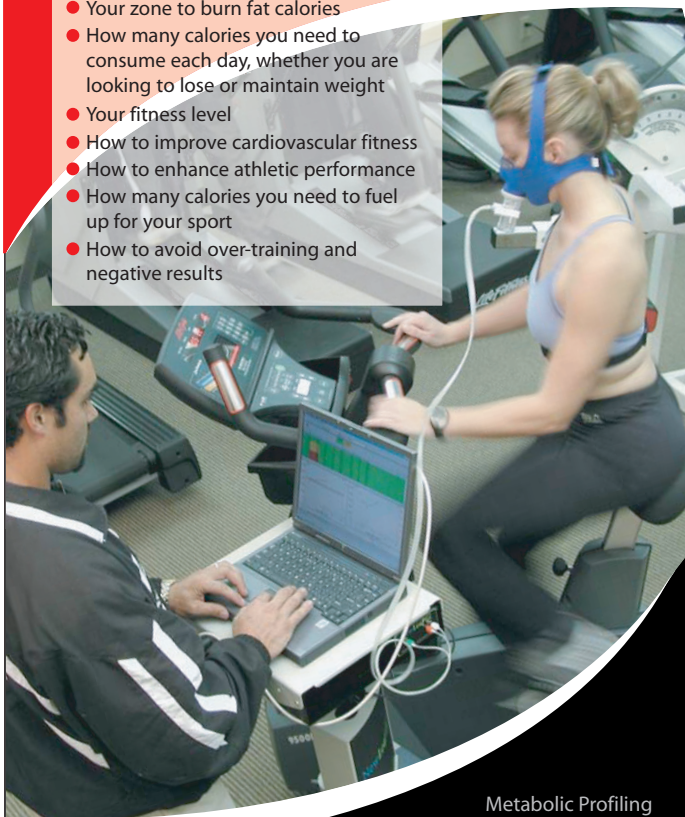


To lose weight and improve your fitness....
...just ask your body!

Your body can tell you....

- Your exact heart rates that allow you to respond best to exercise
- Your zone to burn fat calories
- How many calories you need to consume each day, whether you are looking to lose or maintain weight
- Your fitness level
- How to improve cardiovascular fitness
- How to enhance athletic performance
- How many calories you need to fuel up for your sport
- How to avoid over-training and negative results



Metabolic Profiling

Working out regularly and hard does not mean that you are training efficiently. Overdoing the effort and feeling 'rung out' does not equate to weight loss or fitness. Often when you workout hard you are not burning fat calories or making yourself fitter.



Your body's metabolic profile can identify the training zones that will give you your best results whether you are losing weight, looking to improve performance, or simply keeping fit. One simple 30 minute assessment will make your efforts really count as your metabolic profile is the key to efficient, successful training. This assessment allows your metabolic profile to be 'captured' and that information will produce your personal profile. This includes your resting metabolic rate (RMR), your daily calorific needs and heart rate zone's in which your body best responds to exercise. Testing is quick and simple and can be done on your favourite piece of equipment.



Train Smarter Not Harder

Make every minute you train twice as valuable - often with half as much effort.

**Telephone Jayne or Rachel on:
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