

## MORE ABOUT METABOLIC TESTING

Current research confirms that the key to weight loss lies in **energy balance**. It seems so simple....burn more calories than you eat. Yet anyone who has been on a diet knows that its not that simple. Losing weight and keeping it off is the single most frustrating task thousands of people undertake each year.

### **METABOLIC TESTING TELLS YOU EXACTLY HOW TO TIP THE SCALES IN YOUR FAVOR!**

By testing your unique metabolic rate, we can help you understand why you have had difficulty losing weight in the past and how now you can be successful. Your metabolic rate will be used to calculate **Target Caloric Zones**. With these **Target Zones**, all the talk about "cutting calories" and "burning fat" will finally make sense as it applies to you!

## **METABOLIC MEASUREMENTS REALLY WORK!**



- Consider Dennis who has lost **45 pounds!**

"For years I dieted without success. Then I had my Metabolic Rate tested. Wow! What a difference! I found I could eat so much more food than I ever thought possible. I relearned how to feed my body, and the results have been phenomenal. I've lost 45 pounds in 6 months. I feel better than I have in years! And I can hardly believe that losing weight could be this comfortable. I don't consider this a "diet". For me, it is a new way of life!"

**RMR— Resting Metabolic Rate**

**Vo2 Max—Target Heart Rate Zones**

**Package 1— RMR and Vo2 Max**

**Package 2— RMR and Vo2 Max**

**(Call for current pricing)**

**Personal Best Personal Training**



**TRACEY PRINZBACH**

Certified Personal Trainer

Envision Personal Fitness Studio  
3855 Shallowford Rd. Suite 210  
Marietta, GA 30062

Phone: 770-309-4111

Email: tprinzbach@aol.com

Web: [www.TraceysPersonalBestTraining.com](http://www.TraceysPersonalBestTraining.com)

## VO2 MAX AND METABOLIC TESTING



### **WORK SMARTER NOT HARDER!**

#### Find Out Your:

- \*Anaerobic Threshold
- \*Target Heart Rate Zones
- \*Calories Burned During Exercise
- \*Optimal Daily Caloric Intake

**Tel: 770-309-4111**

## WHY TEST VO2 MAX?

### GET THE MOST OUT OF YOUR WORKOUT.



Each Person has an optimal training zone—sometimes called target heart rate. Charts you see on exercise equip-

ment and walls showing target heart rates are actually just averages based on age and weight. The **Cardio Coach** measures your precise target heart rate based on anaerobic threshold, then calculates your unique **Target Intensity Zones**. These **Zones** give you the precise heart rates necessary to optimize level of exercise & maximize your results. With **Target Intensity Zones**, you'll workout *smarter*, not harder!

### DECREASE FATIGUE AND INJURY.

Frequently we push ourselves thinking, "no pain, no gain". The truth is, pushing beyond one's optimal training zone leads to fatigue and discomfort. It will also cause increased soreness after the workout and may contribute to exercise related injury. When you know your zones and use them for training, cardiovascular exercise is comfortable. Even a beginner can go the distance!

## How is a Vo2 Test Performed? (It's as easy as 1-2-3!)

1. Put on a heart rate strap and disposable face mask. The mask is connected to the **Cardio Coach** device.
2. Begin to exercise on a stationary device (treadmill, bike, stepper). Your trainer will instruct you to gradually increase your intensity over a 6 to 20 minute period.
3. The **Cardio Coach** will indicate when the test is completed. You can cool down while you **Target Intensity Zones** are calculated and printed in a simple, insightful report.



## BURN MORE FAT!

**Vo2 testing reveals the exercise level that will optimize a person's ability to burn fat.** The term "aerobic exercise" has been commonly used in relation to burning fat. But without **Vo2 testing**, fitness pro's have had to rely on crude estimates to determine what level of exercise intensity would be "aerobic" or fat-burning. Now, with **Vo2 testing** readily available, you can know the precise level of intensity that will truly maximize the amount of fat you burn.

### What are the Target Intensity Zones?

Exercising at different intensity levels meets different fitness goals. Some levels burn more fat, some increase endurance, and some strengthen your heart. Target Intensity Zones pinpoint your specific target heart rate required for you to exercise at each level.

## METABOLIC TESTING GIVES YOU THE EXACT MEASUREMENTS YOU NEED TO SUCCEED!



These tests show precisely HOW MUCH YOU BURN ALL DAY, EVERY DAY. We now offer Metabolic Testing that is a simple, 10 minute breath test. During the test, the air you breath out is analyzed to determine exactly how much oxygen your body consumed. This is how your metabolic rate is measured. Once completed, your metabolic rate will be used to calculate your Target Caloric Zones. These Zones provide powerful information to help you lose weight. Your Zones will show you how to eat the MAXIMUM amount of food and still lose weight. Your body will be healthy, happy, and satisfied. Imagine how successful you will be when dieting *feels this good!*

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