

Cardio Coach Metabolic Testing Services Guide



Train smarter, not harder.

HOW MUCH DO 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 breathe 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. This provides powerful information to help you lose, gain or maintain weight.

Your Zone will show you how to eat the MAXIMUM amount of food and still lose weight. Your body will be healthy, happy, and satisfied.



THE ALASKA CLUB

www.thealaskaclub.com

Preparing for the Test

It is desirable to measure your metabolic rate at a true resting level. To ensure you are at rest, we recommend the following preparation:

During the Breath Test

During the test, you will be invited to recline in a comfortable position. You will be given a mouthpiece or a mask to breathe into. You will be breathing in air from the room, but the gas that you breathe out will go into the metabolic analyzer to measure your metabolic rate.

1. Relax and close your eyes during the test.
2. Keeps lips sealed lightly around the mouthpiece. It is important that all the air you breathe out is analyzed.
3. In 10 minutes, your metabolic rate will be measured. The results will be used to calculate your Target Caloric Zones, which will be printed out in an easy to understand format that outlines how you can use your metabolism to help you lose weight.

Prices

Resting Metabolic Rate (RMR) analysis with basic consultation:

Individual: members \$35

nonmembers: \$40

Teams or groups of 2-5: \$35

Teams or Groups of 6+: \$30

