

RESTING METABOLIC RATE

How many calories can a person consume without gaining weight? To effectively manage “Calories In” and balance the energy equation, it is important to know an individual’s daily caloric requirements. Sixty-seventy five percent of the total calories a person burns each day are composed of the calories needed for essential life processes as measured by the Resting Metabolic Rate or RMR. The remaining percent of calories burned come from 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

■ NEW LEAF RMR ASSESSMENT ○○○○○○○○○○>>

- Measures both VO_2 and VCO_2 for greatest accuracy
- Assessment is simple and easy
- Requires approximately 15 minutes to complete
- Creates a metabolic report which includes the client’s RMR, total caloric consumption and action plan for weight loss
- Determines the client’s ratio of fat and carbohydrate utilization
- Trending chart shows progress and change in RMR
- Client’s nutrition and exercise plans can be adjusted based on objective measurements

■ 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 client
- 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 Active Metabolic TrainingSM System



CLIENTS LEARN

- How many calories they can consume without gaining weight
- What caloric deficit is required to lose fat
- Their 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



EXERCISE ASSESSMENT

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

■ EXERCISE ASSESSMENT ○○○○○○○○○○>>

- Depending on client objectives, a Sub-Maximal or Peak VO₂ assessment may be performed
- Measures the client's fitness and unique response to exercise
- Simple to perform and requires only eight to ten 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

■ ACTIVE METABOLIC TRAINING ○○○○○○○○>>

- Complete reports showing Peak VO₂, anaerobic threshold, aerobic base, fitness level and caloric burn rate
- Correct heart rate training frequency, intensity and duration to achieve targeted results
- Custom plans for both aerobic and resistance training

■ EXERCISE SMARTER ... NOT HARDER ○○>>

- The Active Metabolic Training Program identifies the client's optimal exercise intensity level to avoid the risks of under or over-training
- Exercising and training at the client's correct heart rate frequency, intensity and duration helps your client achieve their weight management, health/fitness and athletic performance objectives faster

■ EXERCISE REASSESSMENT ○○○○○○○○>>

- Clients may be re-assessed at regular intervals to measure their progress and adjust their training program
- Improvements can be objectively documented to assist the trainer and motivate the client
- The Reassessment provides a renewable stream of income for the personal trainer and the facility



CLIENTS LEARN

- Their unique response to exercise
- Their individual fitness level
- The correct exercise intensity levels to:
 - increase the burn of fat and calories
 - lose weight and inches
 - improve cardiovascular fitness
 - enhance athletic performance
- How to avoid muscle soreness and over-training

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For more information visit our website at www.newleaffitness.com