



Why do metabolism-based programs work?

- An accurate daily calorie target provides the single best piece of information available to lose weight. It allows you to set an achievable goal to keep you motivated and focused.
- Your metabolism determines how much you need to eat and exercise to reach your goals. You can customize any plan to be more effective when it is based on your body's unique characteristics.
- Your metabolism changes as you lose weight. Re-measurement during weight loss allows you to avoid weight loss plateaus by altering your nutrition and exercise plan to reflect changes in your body.

Metabolism-Based Success

University of Nevada School of Medicine weight-management program

The majority of participants in the program lost between 5% and 10% of their body weight. Those that used BalanceLog to track their progress lost two times as much weight as those who didn't.*



*Bovee, V.H. et al. (2004) Introducing Technology into Medical Nutrition Services for Weight Management. University of Nevada School of Medicine. Presented at the Food & Nutrition Conference & Expo, Anaheim, CA.

What You Should Know

The day of your measurement appointment :

- Do not eat or drink anything other than water for at least 4 hours prior to the measurement
- Do not exercise (aerobic or strength training) for at least 4 hours prior to the measurement
- Do not consume caffeine, nutritional supplements, or medications containing ephedra, Ma Huang or pseudoephedrine for at least 4 hours prior to the measurement
- Do not smoke or use nicotine for at least 1 hour prior to the measurement
- Sit quietly for 10-15 minutes prior to the measurement

An accurate measurement of your metabolism will enable you to personalize your health and wellness program, and tailor your plan to your body's unique needs.

microlife

Microlife USA, Inc. • 424 Skinner Blvd., Suite C
Dunedin, FL 34698

1.800.568.4147 • www.microlifeusa.com

©2006 Microlife USA, Inc. All rights reserved. Microlife, MedGem and BalanceLog are trademarks of Microlife USA, Inc.
P/N: 609-0047-01-D Printed in USA.

Metabolism Matters



Weight Management success is just a simple measurement away...

Metabolism

Your metabolism - combined with your daily physical activity - determines how many calories your body burns each day.

Until recently, there was no convenient or affordable way to measure your metabolism. Now, with the MedGem® or BodyGem® device, you can easily and quickly learn your metabolic rate with a simple breath test that your health professional can administer in 10 minutes or less.

Why would I want my metabolism measured?

A metabolic measurement will determine how many calories your body needs to meet your goals. Specifically, a MedGem or BodyGem measurement might be right for you if you are:

- Trying to lose weight
- Trying to maintain weight (especially after a weight management program, diet, or other nutritional changes)
- Diagnosed with diabetes, sleep apnea, high blood pressure, or other weight-related conditions
- Interested in improving overall health and fitness

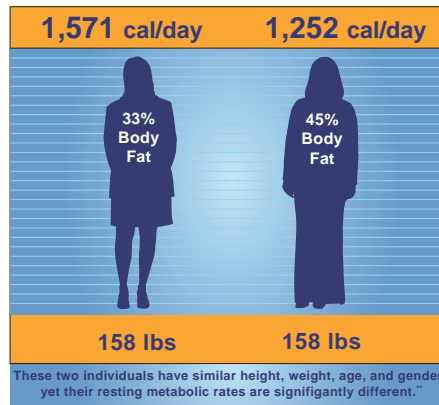


Why is my metabolism unique?

Many factors influence your metabolism, making it unique to you:

- Weight
- Age
- Body Composition (the ratio of muscle vs. fat)
- Hormone Levels
- Gender

In this example, two women weigh exactly the same and are the same height, yet have very different daily calorie requirements. If they followed the same weight management plan, they would experience very different results.



** Source: "Resting Energy Expenditure, Body Composition, and Excess Weight in the Obese." Gary D. Foster, et al., Metabolism, Vol.37, No.5 (May), 1988. pgs.467-472.

Ask your healthcare or wellness professional today about your metabolism measurement or for more information

visit us at:

www.microlifeusa.com

Metab



How can I use my metabolic measurement?

It's simple. A metabolic measurement gives you an accurate daily calorie target. Regardless of what you eat, it is impossible to lose weight unless you eat fewer calories than you burn. With your measurement, you will know how much you can eat everyday and maintain or lose weight.

Now you and your health professional can create a weight management program that's just right for you (because it's based on your body), including your preferred eating and exercise plan.

Consuming 300 calories a day beyond your requirements can result in a weight gain of 30 lbs a year.

BalanceLog® Software

For daily tracking of food and exercise, consider using a software program specifically developed to take into account your unique metabolic measurement.



- Personalized program based on your unique metabolism
- Set your personal weight management and nutrition goals
- Accurately track both calories consumed and calories burned through activity and exercise

