

Increased

Your clients look to you for success

Their goals are as diverse as their needs. You know each of them needs a unique solution to reach their goals, but how do you profitably and conveniently provide it?

Subjects of
same height
& weight



*Estimated Resting Metabolism	1714	1740	1743	1744	1743
Actual Resting Metabolism	1263	1523	1778	1979	2152

What's Your
Metabolic Fingerprint?



Introduce your clients to their Metabolic Fingerprint™

A Metabolic Fingerprint, or resting metabolism, is the unique number of calories an individual burns each day without exercise or activity, and accounts for up to 75% of their total calorie needs. An accurate Metabolic Fingerprint measurement provides the definitive answer when creating a personal program for each of your clients. This means that whether you're working with a client to lose weight, build strength, or complete their first fitness event, the plan you prepare will be based on their needs and deliver the results they are looking for. The BodyGem® device is the handheld, portable and profitable tool that gives you an accurate Metabolic Fingerprint measurement result in 10 minutes or less.

Create the personal plan that works for them

Once you have measured their resting metabolism, create a personal plan just for them – simply and easily – with BodyGem® Analyzer software. Regardless of the specific diet or exercise plan they follow, their Metabolic Fingerprint and unique lifestyle and occupation factors, result in a personalized plan that they can take with them and follow. BodyGem Analyzer is easy to use, and not only provides your clients with an actionable plan, but also enables you to quickly create a unique plan for each individual.

Your Personalized Weight Management Program

Name: **Fritz Reischer**
Date: **9/30/2004**
Goal Weight: **145 lb**
Your unique RMR is: **1677**

It's all about the Calories - The key to successfully managing your weight is balancing the calories you eat with the calories you burn. Eating more calories than you burn leads to weight gain while eating fewer calories than you burn results in weight loss. Knowing how many calories our body burns each day by measuring our resting metabolic rate (RMR) is the missing link that allows us to determine a calorie budget (how much food to eat) to achieve your goals.

What is RMR? Resting Metabolic Rate (RMR) is the number of calories your body burns each day with little or no activity and accounts for a majority of the total calories your body burns. Knowing your RMR will allow you to establish a calorie budget and personalize your weight management efforts.

By knowing the precise number of calories your body burns in a day and the amount of your desired weekly weight change, your total daily calorie needs can be precisely determined. No more guessing how much you can eat to successfully reach your goals!

But wait, what about exercise? Setting and meeting an exercise goal can significantly impact your weight management results. Your total daily calorie budget does NOT include additional calories you burn during purposeful exercise (walks around the block, gym class, riding your bike, etc.).

Your exercise goal is: **2 hours of Moderate exercise per week**

It's up to you. Eat your planned total daily calorie budget of **1447 Calories**, and let those exercise calories that you burn help you lose weight more quickly. Or, adjust your total daily calorie budget by adding your exercise calories, for a total of **1570 Calories**, to stick with your original per/week weight change of **1 lb per week**.

Is My RMR 'Fast' or 'Slow'?

Unlike other health assessments (blood pressure or cholesterol for example), there is no such thing as a high or low, or good or bad RMR. It is, however, unique to you. Two similar individuals can follow the same diet and exercise routine, and have dramatically different results. This is why it is important to have your RMR measured. RMR accounts for the majority of calories your body burns each day. An accurate measurement gives you the missing link, and the information necessary to successfully reach your weight goals.

