

Metabolism Matters

Weight management **success** is just a simple measurement away...

Your metabolism – combined with your daily physical activity – determines how many calories your body burns each day. You can easily and quickly learn your metabolic rate with a BodyGem measurement.

This is the same type of device that medical advisers use in medical facilities.

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's impossible to lose weight unless you eat fewer calories than you burn.

With your measurement, you will know how much you can eat everyday to maintain or lose weight.

Consuming 300 calories a day beyond your requirements can result in a weight gain of 30 lbs a year. Not consuming enough calories can cause your body to hold onto its long-term energy source, your fat.

**What's Your Burn Rate? Contact Chris Weiss @ 815.970.2781 or
CustomFit@CWFit.com to find out**