



You Run, You Lift, You Diet...

And You Still Haven't Lost a Pound.

Who isn't tired of hearing about fad diets and pills that don't work? Good news, weight-loss just got easier. The Aberdeen YMCA has introduced a new weight loss program free of gimmicks, incorporating the latest in exercise science and technology. New Leaf Weight Loss Training is based on measurements of each person's unique metabolic profile to create a customized weight-loss program.

SCIENTIFIC APPROACH

Successful weight loss is a result of correctly balancing the energy equation through proper nutrition and effective exercise. Through a simple metabolic assessment, you can now know precisely how many calories you need to lose weight and what intensity level is correct for you to effectively and safely burn fat and calories. First, exact caloric burn rates, based on each individual's metabolism, not estimates are determined through a Resting Metabolic Rate test. Clients comfortably rest for approximately 15 minutes while their heart rate and

breathing are analyzed and monitored using the advanced technology of the New Leaf Personal VO2 Assessment System. Clients know exactly how many calories their bodies need to maintain, gain, or lose weight.

Second, optimal exercise levels are determined. Again using the New Leaf Personal VO2 Assessment system, heart rate and breathing are closely monitored during a simple 8-12 minute exercise test. The data obtained through the exercise test provides the information for developing, customized exercise programs. Clients know how to maximize the burn of calories from every workout.

CUSTOMIZED PLANS

The Aberdeen YMCA is offering metabolic testing through a twelve-week weight loss program. Personalized nutrition and exercise plans, customized by each client's metabolism are included in the program. Also included are one on one meetings with a personal weight loss coach, to help clients stay motivated, deal

with set backs, and set personal goals while reinforcing the skills and knowledge they have acquired. Making weight loss last, as part of a new healthier lifestyle is the goal of The Aberdeen YMCA's weight loss program.

Questions??

Contact Kristin Hawkins, Wellness Director Certified Metabolic Specialist or Tina Birgen, Certified Metabolic Specialist at 605-225-4910 or e-mail

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