

# JUST 3 EASY STEPS...

Do you want to lose weight, increase your fitness and enjoy a healthier lifestyle? All it takes is three easy steps!

## STEP 1...

### Assess Your Metabolism

With two 10 - 15 minute assessments we can determine your personal metabolic profile. With this information you'll:

- Know exactly how many calories you should eat each day
- Benefit from each minute of exercise, make every workout count
- Maximize your efficiency, avoid over-training or under-training



## STEP 2...

### Train Your Metabolism

With your metabolic profile we will design a personal Weight Loss or Fitness plan for you.

Your plan will:

- Provide an easy-to-follow roadmap to help you reach your goals
- Train your body to be more efficient in burning fat and calories
- Increase your metabolism to burn more calories even at rest
- Improve your cardiovascular health and fitness

## STEP 3...

### Boost Your Metabolism

Once you have reached your goals, we will re-assess you and provide you with a plan to help:

- Avoid regaining lost pounds and body fat
- Maintain increased energy levels
- Lower your risk for serious health problems
- Enjoy a more active and rewarding lifestyle

### Also Available... Heart Rate Monitors

As a service to our members, Polar Heart Rate Monitors are available for purchase and used with the weight loss program.

**POLAR.**  
LISTEN TO YOUR BODY

**NO BETTER TIME TO GET STARTED!**

Sign up now and we'll help you achieve your weight loss & fitness goals and gain a healthier lifestyle!

Ask about our FREE consults for more information on our New Leaf Weight Loss Program

## Also Available

- *EnergySmart™* - an online nutritional roadmap to energize and train your metabolism. The program uses your measured resting metabolism to generate **menus, grocery lists** and **recipes** that are carefully balanced to provide you with the correct calories and nutritional requirements.

- Heart Rate Monitors - Our comfortable heart rate monitors will guide you through each workout to help you exercise at the correct intensity to achieve the maximum results each time.

- Re-Assessments - As you progress in your new program, your metabolism and fitness level will change. An RMR and Exercise Re-Assessment will measure your improvement and provide us with a new metabolic profile so that your program can be adjusted and taken to the next level.



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POWERED BY  NEW LEAF



## LOSE WEIGHT... GET IN SHAPE...

*It's all about  
training your metabolism!*



**YMCA**

We build strong kids,  
strong families, strong communities.