



## ***Achieve Your Goals with our New Leaf Weight Loss Programs***



The Aberdeen Family YMCA offers a unique and powerfully accurate weight loss program incorporating the latest in exercise science and technology. Our New Leaf training program will give you an individualized 12-week program so you:

1. Know how many calories your body needs.
2. Know how long and hard you should exercise.
3. Know how to combine nutrition, exercise and the time you have available to reach your goals of gaining, losing, or maintaining weight.

We make you train smarter, not harder and boost your metabolism. Our goal is to make workouts easier for you, by training you at heart rates where you will be burning more fat than carbohydrates. This also makes you less sore the day after your workouts. Who doesn't want that?

### **WHAT DOES A NEW LEAF ASSESSMENT ENTAIL?**

\* We recommend doing both the resting metabolic rate (RMR) and exercise metabolic rate (EMR) assessments. Overall this takes about an hour to complete. From this you will get the caloric burn your body processes just by purely living, and the rate at which your body burns calories in each heart rate when exercising.

\* You will need to wear exercise clothes to perform this assessment. You will also need to refrain from exercising the day before and the day of the assessments. In addition, these assessments occur in the morning, as you will need to fast for at least eight hours before.

\* For both assessments you will wear a heart rate monitor (a small strap that goes under your chest) and a VO2 mask which analyzes the air that you breathe.

\* We will also take girth measurements, height, weight, and body fat to help you see your progress in losing inches, pounds, and body fat.

### **WHAT HAPPENS AFTER THE ASSESSMENTS?**

\* You will come in for a one-hour results meeting to go over your assessments, review your new 12-week exercise program, and caloric recommendation. At the end of 12-weeks, we recommend getting reassessed to see how your heart rate zones and metabolism has changed by following the program.

### **FOR MORE INFORMATION CONTACT**

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**Helpful Link:** [http://www.newleaffitness.com/NewLeaf/NL\\_home.html](http://www.newleaffitness.com/NewLeaf/NL_home.html)

