

Steps to your success

The Body Tech Weight Management Center has been developed exclusively for the fitness environment and for people who acknowledge that diet alone doesn't work well. Our program will help you learn what foods will work best for you. We will also show you how exercise changes your body. Our weight management program will focus on the techniques below:

Body Gem Metabolic Measurement: Your metabolism combined with your daily physical activity determines how many calories your body burns each day. Until recently, there was no convenient or affordable way to measure your metabolism. Now, it can be done with the BodyGem equipment. You easily and quickly learn your metabolic rate with a simple breath test that a Body Tech Certified Weight Management Consultant will administer. Our consultants then meet with you to explain your test results and provide guidance for future use in your weight management goals.

Nutritional Education and Guidance: The goal of our nutrition program is to improve healthy eating habits and to help you maintain a healthy lifestyle that will last. Our consultants will educate and guide you with the help of the Calorie King Weight Management Program. We will also provide in-house nutritional seminars, which will be taught by our Certified Weight Management Consultants.

Fitness Training: Strength and cardio training are often the missing component for long-term success. Body Tech Certified Personal Trainers will help you find the workout solution right for your body and lifestyle.

Professional Assistance: You will receive professional coaching from our Weight Management Consultants to help guide you every step of the way to a healthy you. That is our signature at Body Tech Fitness and Weight Management Center.



609-397-6900
80 Lambert Lane, Lambertville
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Call or visit us today!

FREE Consultation!



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*Some restrictions apply. See club for details.

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Limited offer!
see back sheet



Muscle matters

If you think you can be healthy and fit while neglecting the strength of your muscles, you are sadly mistaken. Many fitness enthusiasts put in hours a week on cardio equipment and don't see optimal results. They are missing the key ingredient in their workouts, muscular strength. It is one of the most important aspects of fitness. Whether your goal is to lose weight; look better; feel better; improve your sex drive; prevent osteoporosis and injury; or all of the above, you can't neglect this important aspect of your fitness program.

The secret to weight loss and the fountain of youth is strengthening your muscles. You must use them or lose them. Learning how to work them the right way can help you gain all of these benefits:

- **Increase your metabolism**
Muscle burns more calories than fat. The more muscle you have on your body, the more calories you burn every day, even at rest! Strength training is the only way to increase your muscle mass. You can burn an extra 200-600 calories a day. You can have your cake and eat it too without worrying about putting on extra pounds!
- **Fit into your favorite jeans!**
Strength training can help you to reduce the unhealthy visceral fat that deposits around your waistline area making it hard for you to zip up your favorite jeans.
- **Age more gracefully**
Strength training keeps you more alive and vibrant. Loss of function and mobility are not symptoms of aging; it's from lack of proper exercise. Aerobics won't

prevent the loss of muscle fibers (sarcopenia) that happen as we age. You need strength training to keep your muscles and to keep your body functioning as well as it did when you were younger.

• **Prevent age related diseases**
Numerous studies have shown that strength training is helpful in preventing and sometimes reversing diseases like osteoporosis, sarcopenia, high blood sugar, dislypedemia, and obesity. It is also beneficial in reducing the pain associated with arthritis and low back problems.

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A "Successful" Journey to Weight Loss

Your RMR - The key to successful weight loss

Steps to your success

FREE Consultation!

taking the guess work out of weight loss!

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Successful weight loss can be achieved by implementing three lifestyle principles - the three E's:

Education, Exercise, Encouragement.

Our weight loss program emphasizes and incorporates these principles.

A "Successful" Journey to Weight Loss

There are three paths to follow on the journey to weight loss, but only one has long lasting positive results. Weight loss is a numbers game and to be successful calories in have to be less than calories out. With that in mind there are three choices:

- 1 You can decrease the number of calories consumed.
- 2 You can increase the calories expended.
- 3 You can combine the two.

If you haven't already guessed, the most effective choice is #3 especially if "successful long term" weight loss is your goal. Anyone can lose weight and most "dieters" have lost hundreds of pounds throughout their years of "dieting" only to put the weight back on with a vengeance.

Did you realize that for each pound you want to lose that equates to a reduction of 3,500 calories? Restricting calories alone becomes a challenging and difficult goal to achieve. To further complicate matters, dieting alone without exercise causes not only fat loss, but muscle loss too. Unfortunately when the successful dieter tries to go back to eating normally again, the loss of muscle and corresponding loss in resting metabolic rate causes that weight to return more rapidly and it returns as **all fat** (no muscle) so the "dieter" continues to get "fatter" not leaner!

Exercise alone without any regard to what you eat is not as effective either because people may not realize they are eating more or may wind up rewarding themselves with food when they become more active. A hot fudge sundae can easily sabotage the benefits of a 3 mile run!

If you combine the two (reduce what goes in your mouth and increase your activity level) then you have the "magic recipe". You only have to moderately restrict caloric intake (much easier to adapt to and live with) when you increase caloric expenditure through exercise. Exercise, especially strength training will also increase your muscle mass thus raising your resting metabolic rate.

It is not surprising that the **National Weight Control Registry**; the largest prospective investigation of long-term successful weight loss maintenance (members have lost an average of 66 lbs and kept it off for 5.5 years) has shown that 98% of it's participants report that their keys to success were that they modified their food intake in some way (98%) and increased their physical activity (94%).

A successful weight loss program must combine these important aspects and the exercise program it contains must include a combination of aerobics and some type of strength training for best results. This is the foundation of the **Weight Loss Management Program at Body Tech Fitness**. The program also includes individualized **Resting Metabolic Rate** testing so each participant knows exactly how many calories they should consume to successfully reach their weight loss goals. This vital element eliminates any guesswork that could sabotage their program.



Your RMR- The key to successful weight loss

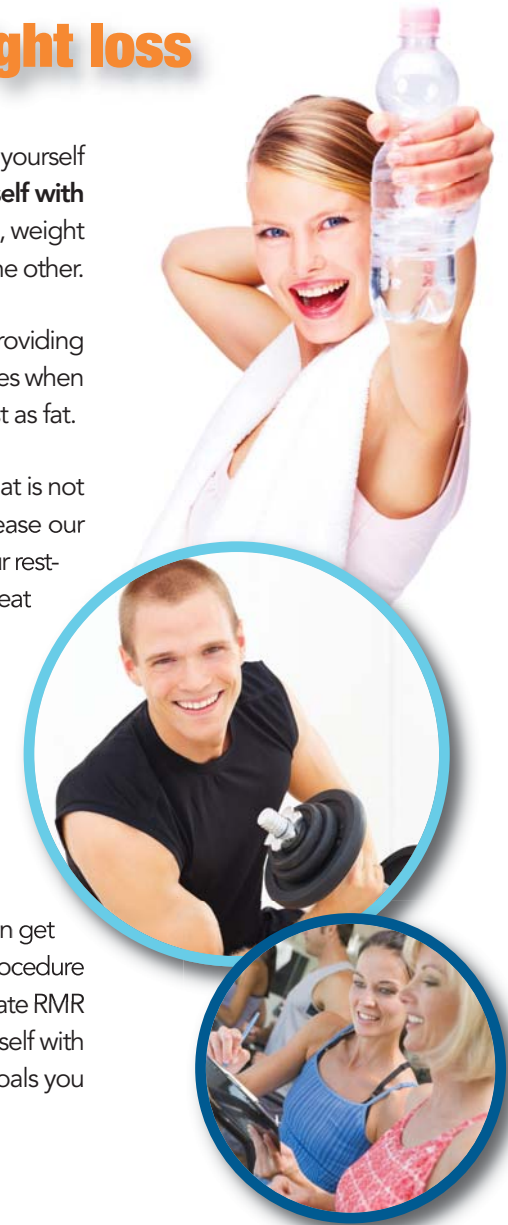
If you have been unsuccessful in your attempts to lose weight in the past, do not blame yourself for lack of willpower and self control. **The key to successful weight loss is arming your self with the right knowledge and tools; and understanding the simple math involved.** After all, weight loss and weight gain come down to calories in and calories out; and which one exceeds the other.

A calorie is merely an expression of energy. Energy is contained in all the foods we eat, providing us with the nutrients and the fuel we need to perform our daily activities. The problem arises when we consume more energy (calories) than we need and our body winds up storing the rest as fat.

Many people think that those who are overweight eat enormous amounts of food, but that is not really the case. For many of us weight gain creeps up on us slowly. As we age and decrease our activity levels our muscle mass is reduced and so there is a consequential slowing down of our resting metabolic rate (RMR). So we may not be eating any "more" we just may not need to eat "as much" as we once did.

Just consuming 100 calories more a day or just one banana than you need for a year can equate to a 10 pound increase in your weight. If eating just one banana a day can sabotage your ability to lose weight, it becomes evident how important it is to know exactly what your "RMR" is, or how many calories you burn in a day. This is the only way you can be successful with your weight loss program.

You can guess your RMR by using different formulas available in scientific literature or you can get an exact number by having an indirect calorimetric reading taken, often a very expensive procedure done only in medical facilities. Thanks to the progress of science, you can now have an accurate RMR test done for a much more reasonable fee and in select local fitness facilities. Arming yourself with this information will provide you with the essential knowledge you need to achieve the goals you want to obtain. You can literally **take the "guess work" out of losing weight.**



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