

How Sluggish is your metabolism?

Achieving your ideal weight begins with finding the right balance of exercise and caloric intake. But each person's balance is unique. Your **Resting Metabolic Rate (RMR)** can put you on the path to healthy living.

Your RMR

- Measures the number of calories your body burns at rest.
- Is determined by measuring the amount of oxygen you consume while resting.
- Tells you how many calories you would burn in a day – if you rested the entire day.
- Can help you determine how many calories you should be eating each day to maintain, gain or lose weight.

Rebecca Bitzer & Assoc. will determine your personal RMR and calculate your ideal caloric intake based on you activity level and individual weight goals.

We've got your number and can show you how to use it!

Contact us today to schedule your
Personal Resting Metabolic Rate analysis
301-474-2499
www.rbitzer.com

RMR Analysis
Resting Metabolic Rate Test \$100

