



Eat Smart...Get Results!

Unveil the mystery behind weight loss with *METABOLIC TESTING*.

By **Melissa Hernandez, LMT, Lic.#2679, CMnTPT, CES, LF**

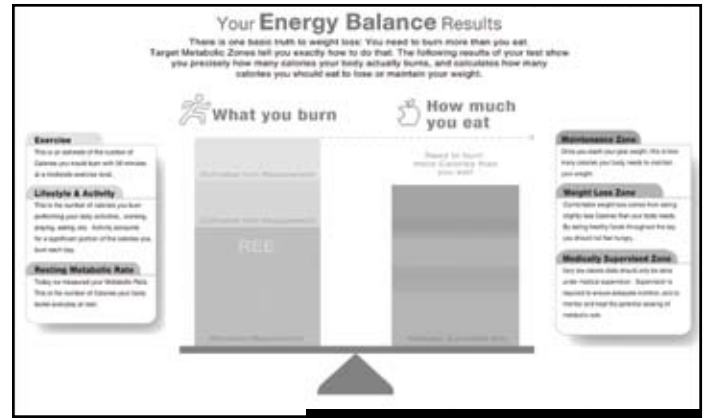
Are you tired of struggling with your weight? Feeling frustrated with fad diets that keep you stuck in the relentless cycle of yo-yo dieting? If you're looking for a permanent solution toward understanding weight loss, look no further. Full Circle Wellness Center offers an exciting new service...*metabolic testing*. Full Circle Wellness Center utilizes FDA approved, hospital-grade equipment that provides 100% exact metabolic measurements to pinpoint your unique caloric expenditure. Now you can truly eat smart and get results!

Metabolic testing measures how many calories your body burns at rest, a measurement known as RMR, or Resting Metabolic Rate. RMR is determined by measuring your oxygen consumption as a result of a process called glycolysis. Glycolysis is a process that our body uses, combining the oxygen we breathe and the food we eat, to create the energy we need. Our metabolic rate is how fast our body consumes that energy. So, by measuring how much oxygen you consume, we can exactly determine how many calories you are burning.



To prepare for the test, avoid exercise, food and stimulants for 8 hours prior to the test. You'll relax in a quiet, comfortable position, and you will seal your lips around a disposable mouth piece. A nose clip will be worn throughout the test, so all of the air you breathe out will be analyzed by the equipment. Once you are comfortable, the equipment is turned on, and the analyzing process takes about 10 minutes. The results will be printed out in an easy-to-read format explained by one of Full Circle Wellness Center's Registered Dietitians, making understanding your results easy.

The Energy Balance Scale illustrates the relationship between the calories your body burns and how much you eat. Knowing precisely how many calories you burn (your RMR) it is easy to determine how many calories you need to consume in order to create a safe and effective weight loss program. Simply put, if you burn more calories than you eat, you WILL lose weight. This is



Energy Balance Scale

a proven fact. With metabolic testing at Full Circle Wellness Center, you'll get real numbers that will lead to real results!

Another benefit of metabolic testing is knowing whether your metabolism is normal, fast or slow. When people struggle with losing weight, they frequently believe they have a slow metabolism. Usually, the inverse is more likely. When people consume the amount of calories that puts them into their weight gain zone, their body compensates by speeding up their metabolism. So, if you are eating more than you need to, you will more likely have a higher than normal metabolic rate. Once your caloric intake is brought down to your weight loss zone (according to your RMR), your metabolic rate will then normalize after a month or so. This is powerful information because you'll know whether or not you can blame your weight on your metabolism. Knowing your RMR with metabolic testing at Full Circle Wellness Center is what will carry you through the rest of your life to help you to maintain your weight. It is empowering and exciting when you realize that you can do this: you can lose weight!

Full Circle Wellness Center has a qualified staff of Registered Dietitians, Certified Personal Trainers and Group Fitness Instructors that can support you with all of your nutritional and fitness needs. Our fitness facilities include small-sized group classes for Yoga and Pilates. In our private fitness studio we provide exclusive one-on-one Personal Training with individualized programs designed with you in mind. Our Registered Dietitians are available for individual and family sessions, as well as group programs. At Full Circle Wellness Center, it is all about YOU!

We are located at 1719 Girard Blvd. NE, 1/2 block North of Indian School. Office hours are 9 am to 7 pm Monday through Saturday. Metabolic testing costs \$125 for your initial test and \$100 for a re-test. We also take most forms of insurance with a physician's prescription! **Call 505-265-3400.**