



# DIFFERENT

## Mike's a busy man.

It was about a year ago Mike Peiffer (a very frustrated outdoor runner) decided he couldn't navigate the snow and ice any longer. He put aside his perceptions of gyms (they're just for bodybuilders) and joined Mercy Fitness Center.

Now, with work and family, Mike's a busy man. In order to maximize his workout time, he decided to try Metabolic Testing. "It had been a long time since I had my heart rate checked, and the **cutting-edge technology** helped me learn my activity threshold to set **an optimal workout and understand how hard I can push myself in the limited time I have.**"

"I never thought lifting weights or doing anything other than lacing up my running shoes could be a fun way to stay fit. I feel so much better today than I did a year ago, and I thought I was in fairly good shape when I joined. The Mercy Fitness Center has made a difference in my health."

**Mike Peiffer, Mercy Fitness member, 2 years.**  
Cedar Rapids