

## TRAIN SMARTER

Whether you are a professional athlete or a “weekend warrior”, you know that sound training will help you achieve superior results. So, what’s the answer to getting the training program that gives you the competitive edge?

## GET THE EDGE

We offer individualized strength, endurance and speed training supported by the best in sports science and technology. Using the New Leaf Active Metabolic Assessment System, we can:

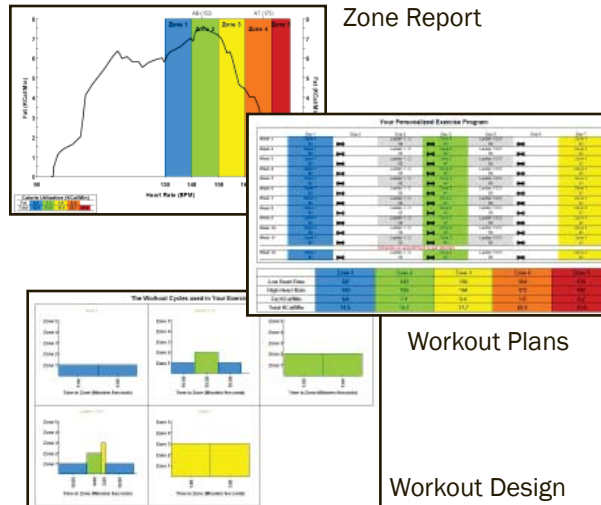
- Establish accurate heart rate zones to train your body to be aerobically efficient
- Monitor your body’s adaptation to training
- Ensure that you are training at the correct intensity to prevent injuries and gain optimal performance
- Modify training programs according to your progress to enhance results
- Determine your nutritional needs for maximum training and performance during competition



## SCIENCE BASED TRAINING

Your metabolic profile is assessed so our fitness professionals can develop your custom training and nutrition program. Fifteen minute  $VO_2$  assessments performed at rest and/or during exercise can determine your.

- Peak  $VO_2$
- Aerobic Base
- Anaerobic Threshold (AT)
- Optimal Heart Rate Training Zones
- Caloric Burn Rate during Exercise
- Caloric Requirements





We offer metabolic testing previously available only to elite and Olympic athletes. The New Leaf VO<sub>2</sub> Metabolic System<sup>®</sup> can accurately measure your metabolic profile and create objective plans just for you. We provide numerous training programs to help you achieve superior results and give you a competitive edge.



Sign Up Now  
5264 Council St. NE  
Cedar Rapids  
319-221-8877  
[www.mercycare.org](http://www.mercycare.org)

POWERED BY  NEW LEAF



**TRAIN SMART...  
TRAIN RIGHT...  
GET THE EDGE!**

