

JUST 3 EASY STEPS...

Do you want to lose weight, increase your fitness and enjoy a healthier lifestyle? All it takes is three easy steps!

STEP 1...

Assess Your Metabolism

With two 10 - 15 minute assessments we can determine your personal metabolic profile. With this information you'll:

- Know exactly how many calories you should eat each day
- Benefit from each minute of exercise, make every workout count
- Maximize your efficiency, avoid over-training or under-training



STEP 2...

Train Your Metabolism

With your metabolic profile we will design a personal Weight Loss or Fitness plan for you.

Your plan will:

- Provide an easy-to-follow roadmap to help you reach your goals
- Train your body to be more efficient in burning fat and calories
- Increase your metabolism to burn more calories even at rest
- Improve your cardiovascular health and fitness

STEP 3...

Boost Your Metabolism

Once you have reached your goals, we will re-assess you and provide you with a plan to help:

- Avoid regaining lost pounds and body fat
- Maintain increased energy levels
- Lower your risk for serious health problems
- Enjoy a more active and rewarding lifestyle

SERVICES

We offer a variety of programs, assessments and training packages that will meet your individual needs.

PACKAGES & PROGRAMS

- Combined exercise and RMR initial assessments
- Initial and follow up assessment packages
- Assessment packages including personal training & wellness coaching

REPEAT ASSESSMENTS

- Exercise/Peak VO_2 with AT and HR zones
- Resting Metabolic Rate (RMR)

NO BETTER TIME TO GET STARTED!

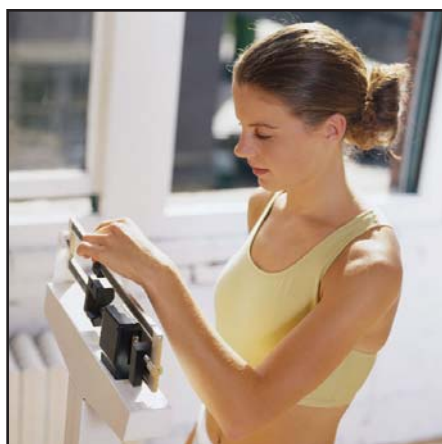
Sign up now and we'll help you achieve your weight loss & fitness goals and gain a healthier lifestyle!

Also Available

- *EnergySmart™* - an online nutritional roadmap to energize and train your metabolism. The program uses your measured resting metabolism to generate menus, grocery lists and recipes that are carefully balanced to provide you with the correct calories and nutritional requirements.

- Heart Rate Monitors - Our comfortable heart rate monitors will guide you through each workout to help you exercise at the correct intensity to achieve the maximum results each time.

- Re-Assessments - As you progress in your new program, your metabolism and fitness level will change. An RMR and Exercise Re-Assessment will measure your improvement and provide us with a new metabolic profile so that your program can be adjusted and taken to the next level.



Sign Up Now
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POWERED BY  NEW LEAF



**LOSE WEIGHT...
GET IN SHAPE...**

*It's all about
training your metabolism!*

