

Yvonne Aubrey works with a Mercy Health and Fitness Coordinator to understand how to work her body smarter, not harder.



“People burn calories at different rates. It takes the guesswork out of how many calories your body needs and utilizes.”

“I felt like Hannibal Lecter with the mask on,” jokes Yvonne. “But it wasn’t uncomfortable, and gave me what I needed – a baseline to understand how I could burn calories more effectively, and I felt it was reflective of my personal health.”

“This is an excellent program and opportunity for individuals. It’s forward thinking and scientifically makes sense, and it’s a good tool for preventing diabetes, hypertension and other health issues,” says Dr. Carla Schulz, Family Medicine Specialists, PC. “This is a great investment in your health care – it’s lifetime tools for healthy habits and change.”

Yvonne took the information she received and put it to work. During testing, Yvonne

ACTIVE TRAINING™ metabolic



Dr. Carla Schulz,
Family Medicine Specialists,
PC.

Yvonne Aubrey, 43, Urbana, is the picture of good health.

She teaches Jazzercise two days a week, bikes from Urbana to work in downtown Cedar Rapids and has biked in RAGBRAI for the past 10 years.

But, Yvonne is part of the 41 percent of Americans trying to lose weight.

“I’ve tried all kinds of diets, but nothing seemed to work right for me or my lifestyle,” says Yvonne.

Last January, while searching for an activity she could do while her bike was stored for winter, Yvonne discovered Mercy Fitness Center’s Active Metabolic Training™ – the only program of its kind in the area. Yvonne worked with Mercy health and fitness coordinators to understand how she could work her body smarter, not harder.

“The initial testing determines your resting metabolic rate, the total calories burned at rest, and your active metabolic rate, which involves 10 to 20 minutes of exercise on your choice of equipment. This provides an understanding of the threshold where you stop burning fat and at what heart rate you burn fat most efficiently,” explains Kathy Keane, Manager, Fitness Center.

discovered she was actually exercising at a harder level than she needed to, and added walking to her daily routine. She also realized that she was taking in less calories than her body actually needed.

“Before, I was minimizing calories and food; I didn’t think of it in respect to balance, and I’m better able to maintain now. I still enjoy eating, but now it’s more along the lines of, ‘What do I need to do to move forward’,” says Yvonne.

At her eight-week reevaluation, Yvonne had lost 15 pounds and has seen improvement in her aerobic threshold and the fat burning at the beginning of her workouts. But, she is quick to stress that it is not a “quick fix.”

“It takes a lot of discipline to keep track of your heart rate, calories and exercise, but you might be surprised to find that you don’t have to work your body as hard as you think,” expresses Yvonne. “This is not a ‘one size fits all approach.’ Now I know my number, and it makes a difference. It’s not arbitrary; it is based on my body. This is a change that will stick with me for life.”

For more information on Active Metabolic Training™ or to make an appointment with a Mercy Health and Fitness Coordinator, please call (319) 221-8877, or visit www.mercycare.org. Insurance does not cover Active Metabolic Training.