

# Metabolic Efficiency Testing



## Why do a Metabolic Efficiency Test?

### For Racing

Use Heart Rate Zone training and Metabolic Efficiency Testing to guarantee results. Get fueled, fit and fast. For today's competitive athlete, getting faster isn't always about training harder....it's about training smarter. How does this happen? With Metabolic Efficiency Training and Testing, athletes train and teach their bodies to burn fat and conserve precious stored carbohydrates for athletes of all ages and abilities. Metabolic efficiency describes the relationship between burning fat and carbohydrates across a variety of exercise intensities and heart rate zones. Many athletes are extremely inefficient at using their almost unlimited fat stores as energy during exercise and rely too much on very limited carbohydrate stores. Gone are the days of needing to overtrain and over consume a high amount of calories during training and competition. By improving your body's metabolic efficiency, it is possible to significantly reduce the amount of calories you need during exercise and enhance your performance. The end result will be improved health and performance with significantly reduced chances of GI distress during training and racing. By using Heart Rate Training you can be more efficient and effective. Stop wasting time and energy training too hard.....Get tested with Dr Charles.

### For Weight Loss

Burn FAT instead of sugar and GUARANTEE weight loss - that's the simple reality of Metabolic Efficiency Testing. Metabolic efficiency describes the relationship between burning fat and carbohydrates across a variety of exercise intensities and heart rate zones. Most people are extremely inefficient at using the fat stored in their bodies as energy during exercise. This leads to frustration and a clear inability to shed pounds and lose weight. Metabolic Efficiency Training teaches the body to burn fat - not sugar - in order to lose more weight - no matter your age, size or weight loss goal - Metabolic Efficiently testing is the first step on the stairway to results.

### What can you expect?

1. Graph of metabolic efficiency point and heart rate training zones.
2. Energy expenditure table and graphs including calories burned, carbohydrate in calories and grams burned, fat in calories and grams burned, and heart rate.
3. Calorie and efficiency intake rate based on individual physiology and fitness level for each intensity level.
4. Carbohydrate to fat efficiency rate which depicts the exact intensities where fat oxidation is greatest.
5. Metabolic training zones.
6. Nutrition and exercise prescription/recommendations to include:
  - a. Caloric expenditure required for your event.
  - b. How to preserve carb stores and decrease amount of fuel replenishment required.
  - c. How to increase fat as fuel, so you can perform workloads faster, longer.
  - d. Determine why you have GI distress or bonk during your training or events.

You will be personally tested by Dr. Charles Foltz, exercise physiologist. All testing is done using the top of the line New Leaf Metabolic Unit ([www.newleaffitness.com](http://www.newleaffitness.com)). The investment is small compared to the information you receive. Treat yourself to the test.

Metabolic Efficiency Testing	\$75
Metabolic Efficiency Testing and Resting Metabolic Rate	\$125