



PAGE 5:

METABOLIC SPECIALIST RECOMMENDATIONS

Page five (5) displays Metabolic Specialist recommendations for obtaining health/fitness goals and improvement of metabolism. After each metabolic review, Metabolic Specialists determine the proper metabolic training guidelines for the individual based on assessment of their metabolism and the achievement of the desired health/fitness goals. Detailed information such as: Resting metabolic rate (*RMR*), *Lifestyle number*, *recommended calorie intake*, *recommended cardiovascular training parameters*, in addition to *recommended resistance training parameters* are available as guidelines to improve health/fitness through metabolic training.