



Make a Date with the **METABOLIC CART** And Yes You Can Get Better, Faster Workout and Diet Results

Two quick and easy tests now available at **Excel Fitness Center** take the guesswork out of workout and diet success by pinpointing your personal physiology and fitness level and developing the optimal program to work for you.

The tests use a computer-integrated measuring device called the **metabolic cart** which was originally available only to hospitals and universities. The cart measures and analyzes your oxygen and carbon dioxide output to determine:

- **Your optimum heart rate training zone**—used to personalize your workout for faster results
- **Your resting metabolic rate (RMR) or how many calories you really burn a day**—used to personalize your diet plan for faster results
- **Your optimum fuel mixture or how your body metabolizes carbs vs. proteins vs. fats**—used to supercharge your weight management goals.

The program is introduced and monitored by NASM certified personal trainer Grace deMarrais, whose senior college thesis for her major in exercise science and minor in nutrition included firsthand work studying athletes and non-athletes using the metabolic cart technology.

The program at Excel Fitness Center includes:

- A VO₂ (ventilation of oxygen) rate test to determine maximal aerobic capacity and your best training zones to meet different workout goals (endurance, fat burning, improved resting heart rate)
- An RMR (resting metabolic rate) test to determine how many calories you burn a day without special exertion (used to develop a weight management strategy), and
- A fuel mixture report which indicates how your body burns carbohydrates, proteins, and fats (used to develop a weight and body mass management strategy).

Call Excel at **908.696.8418** to sign up for your time slot today!