

## What you should know to have your metabolism accurately measured.

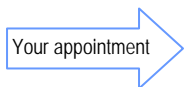
Like most health assessments, such as getting your cholesterol checked, there are guidelines you need to follow to get an accurate resting metabolism measurement.

### The day of your measurement appointment:

- Do not eat or drink anything other than water for at least 4 hours prior to the measurement
- Do not exercise (aerobic or strength training) for at least 4 hours prior to the measurement
- Do not smoke or use nicotine for at least 1 hour prior to the measurement
- Do not consume caffeine or nutritional supplements or medications containing ephedra, Ma Huang or pseudoephedrine for at least 4 hours prior to the measurement
- Sit quietly for 10 - 15 minutes prior to the measurement

An accurate Metabolic measurement will enable you to team up with your health professional, to tailor your weight management program to match your unique needs.

CALL TODAY TO SCHEDULE YOUR  
METABOLIC MEASUREMENT

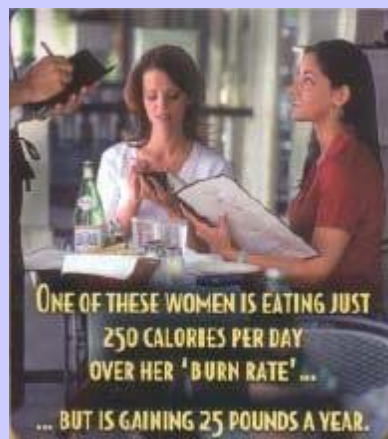


Day      date      time

(Allow 30 minutes for your appointment)

Same Age...  
Same Height...  
Same Meal...

... Different  
*METABOLISM*



*WHAT'S YOUR  
BURN RATE?*

***Much Kneaded***

Massage • Nutrition • Martial Arts

280 Madison Ave, Suite 1009 @ 40 St.  
NY, NY 10016

917 612-8492

[www.muchkneadedmassage.com](http://www.muchkneadedmassage.com)

health@tech™

BodyGem®

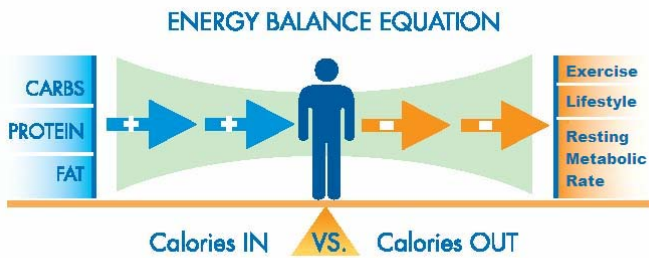
Metabolism Measurement Device



**Personalize Your  
Weight & Nutrition  
Management Program  
Based on Your Unique  
Metabolic Profile**

# Managing Your Weight

Weight management success is the result of balancing the calories you eat with the calories you burn. Calories you eat can easily be identified and tracked, but what about the calories you burn?



Your burn calories through daily activities such as working and doing household chores, and you also burn calories through planned exercise such as walking, running, biking, and working out at the gym. But the majority of the calories your body burns are those just to keep you alive each day.

The calories you burn to maintain normal body function such as breathing, keeping your heart pumping and your brain working is called your resting metabolic rate (RMR). Your RMR alone accounts for as much as 75% of the calories your body burns each day.

Most of us can relate to the frustration of trying to lose weight. How often have we lost weight and gained it back again? The good news is that recent technology has been able to provide us with a greater understanding of the importance of knowing our metabolism.

Many weight loss plans fail because we work with only half the equation. We may think we know the number of calories we are supposed to eat in order to lose weight, but exactly how is that number determined?

Chances are it's the exact same number that's recommended to anyone that happens to be your same height and gender. We now know that your calorie requirements depend on your individual metabolism, intentional exercise and lifestyle. There truly is No Body Like You!

| Subjects of the Same Height & Weight |      |      |      |      |
|--------------------------------------|------|------|------|------|
| Predicted Calories:                  |      |      |      |      |
| 1714                                 | 1740 | 1743 | 1744 | 1743 |
| Actual Calories:                     |      |      |      |      |
| 1263                                 | 1523 | 1778 | 1979 | 2152 |
|                                      |      |      |      |      |

The missing part of the equation has been not being able to modify your caloric intake when your RMR changes. Your resting metabolic rate is affected by nutritional intake, intentional exercise, and lifestyle modifications. With the BodyGem metabolism measurement device you can conveniently monitor your metabolic rate throughout your lifestyle changes.

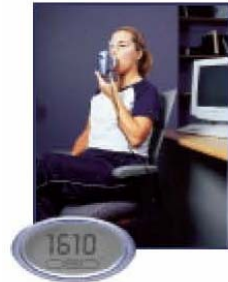
By balancing the calories you consume with the calories you burn, you can successfully manage your weight. Eating just 250 calories per day more than you burn – you're gaining 25 pounds a year! Just 250 calories...that's a large soft drink or a small order of fries.

# Being Tested

Your BodyGem test results take the guesswork out of figuring your changing caloric needs. The test is as easy as sitting in a chair and breathing. Best of all, you will have your answer in about 15 minutes! Based on your unique burn rate, we will be able to create a unique action plan for your goals.

# Get Started Today!

Call to schedule your lifestyle assessment. The results of your lifestyle assessment focus on practical solutions that will help you to identify the fastest path to achieve your health goals.



We can partner for weight loss, to identify hidden allergies, to have more energy and much more.

The mission of Much Kneaded is to empower you to achieve optimal health and well-being through practical and sustainable solutions to transform yourself into the person you deserve to be!

Respectfully,  
*Denise Williams*

**MUCH KNEADED**  
massage – nutrition – martial arts

280 Madison Ave. @ 40<sup>th</sup> St. Suite 1009  
New York, NY 10016

917 612-8492