

BURN MORE FAT w/ Metabolic Testing!

*These tests show precisely how much
you burn all day everyday.*

You simply sit back, relax, and breathe!



*In the past, a metabolic test has only been
available at the universities and hospitals.*

**We *now* offer Metabolic Testing
that is a simple, 10 minute
breath test.**

**During the test, the air you
breathe out is analyzed to
determine exactly how much
oxygen our body consumed.
This is how your metabolic rate
is measured.**

**Once completed, your
metabolic rate will be used to
calculate your Target Caloric
Zones. These Zones provide
powerful information to help
you lose weight.**

**Your Zones will show you how
to eat the MAXIMUM amount
of food and still lose weight.
Your body will be healthy,
happy, and satisfied.**

****Imagine how successful you
will be when dieting feels this
good!***

Get your METABOLIC TEST done today at

THE PILATES PLACE

Call (760) 632-1426 to schedule your appointment!