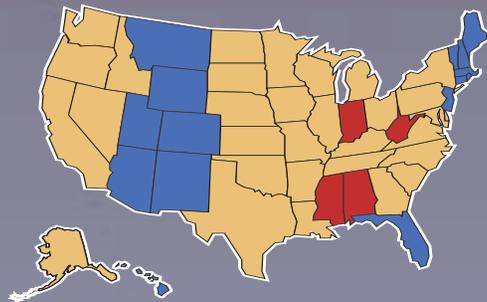


The continued rise in the number of overweight people has become a major health issue in the United States, and increasingly across the globe. Over 65 percent of the adult population is now overweight or obese which contributes directly to over 360,000 deaths each year – almost as much as smoking.

### Percentage of Obese\* Adults: 2003



■ 15% - 19% ■ 20% - 24% ■ ≥ 25%

\*BMI ≥ 30, or ~ 30 lbs. overweight for 5'4" person  
Source: Mokdad A H, et al. J Am Med Assoc 2003; 289:1.



Consuming more calories than you burn can cause you to become overweight or obese. If you want to lose or maintain weight, you must develop strategies and utilize proven tools to help you eat less than you burn, or burn more than you eat.

The BodyGem® metabolism measurement device and the BalanceLog® software for managing weight and nutrition, are tools to help you balance the calories you eat with the calories you burn – making your weight management plan more successful.

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

Like most health assessments, such as getting your cholesterol checked, there are certain 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 Fingerprint™ measurement will enable you, or your health and wellness professional, to personalize your weight management program, and tailor your food and exercise plan to your body's unique needs.

healthetech™

# BodyGem®

Metabolism Measurement Device



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

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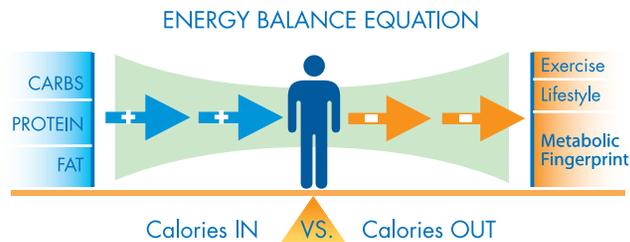
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## Weight management

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



You 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 functions such as breathing, keeping your heart pumping and your brain working is called your resting metabolism, or Metabolic Fingerprint™, which accounts for as much as 75% of the calories your body burns each day.



## A Metabolic Fingerprint™

measurement tells you how many calories your body burns in a day. Until recently, there has not been an easy or economical way to measure metabolism. Professionals have relied on estimation equations which are inaccurate for a large percentage of us, particularly when we're on a weight loss plan. The BodyGem metabolism measurement device by HealthTech changes that. A health, wellness or fitness professional can measure your resting metabolism with a simple breath test.

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

Everyone has a unique Metabolic Fingerprint, which is why a one-size fits all approach to weight management doesn't work for most individuals. This explains why you can eat the same food and follow the same exercise routine as someone else, but have dramatically different results.

\*Source: "Resting Energy Expenditure, Body Composition, and Excess Weight in the Obese." Gary D. Foster, et al., Metabolism, Vol. 37, No. 5 (May), 1988. pgs. 467-472. Accompanying photos are not those of subjects in study.

## Knowing your unique

Metabolic Fingerprint enables you to establish the calorie budget that will work for you. It's also important to know that metabolism can change, sometimes significantly, as you lose or gain weight. Having your metabolism measured throughout your weight management program will help you reach your goals without hitting those frustrating plateaus.

Ask a staff member about having your Metabolic Fingerprint measured today. Once you've had your measure-

ment, use a nutrition

and exercise program to log and track your food and exercise. It's a fact that individuals

who routinely track their calories in and out are more likely to achieve – and maintain – their weight goal.

If you don't have a program available, check out BalanceLog® weight and nutrition management software. BalanceLog personalizes your program based on your Metabolic Fingerprint measurement for better results.

Visit [www.metabolicfingerprint.com](http://www.metabolicfingerprint.com) for more information.

