

A Personalized Program for Client Success

Your clients look to you for success

Their goals are as diverse as their needs. You know each of them needs a unique solution to reach their goals, but how do you conveniently provide it?

Subjects of
the same
height and
weight



Estimated BMR	1714	1740	1743	1748	1749
Actual BMR	1243	1523	1778	1779	2152

Yones, G. et al. (2004). Resting energy expenditure, body composition, and energy intake in the obese. *Metabolism*, 47(5), 607-612.

Introduce your clients to their Resting Metabolic Rate (RMR)

RMR is the unique number of calories an individual burns each day without exercise or activity, and accounts for up to 75% of their total calorie needs. An accurate RMR measurement provides the definitive answer when creating a personal program for each of your clients. This means that whether you're working with a client to lose weight, build strength or complete their first fitness event, the plan you prepare will be based on their needs and deliver the results expected. The BodyGem device is a handheld, portable and profitable tool that gives you an accurate RMR measurement result in 10 minutes or less.

Manage a Healthy Lifestyle with MiHealthLog™

It's a fact. Individuals who routinely log and track their food and exercise achieve - and maintain - weight loss success. It's all about the calories, and managing them to meet your needs and goals. The MiHealthLog online program is a fast and easy way to begin your journey to successful weight management. You can set up a personalized calorie budget at home with your own web subscription by using the information you receive from the BodyGem Analyzer report. The MiHealthLog program works on all web browsers and has mobile functionality so you can use the program on your cell phone or mobile device! Sign up for a 7-day FREE trial at www.MiHealthLog.com.

Offer your clients the best possible results. Incorporate Microlife tools and solutions into your programs.

There isn't a simpler, more accurate or profitable way to tailor each client's program for ultimate success. Find out how other facilities are using MMHS tools to enhance their results and their revenue at:

Health & Fitness Network
800-742-3226
www.healthfitness.com

BodyGem®



Create a personalized weight management report with the BodyGem Analyzer 4.0 Software

- Determines caloric needs based on Resting Metabolic Rate (RMR), occupational activity, sleep schedule and exercise.
- Individualizes Macro and Micro nutrient needs for pediatrics to adults.
- Determines Percent Body Fat
- Provides clients with an educational report that thoroughly explains energy balance.
- Empowers your clients to succeed!

