

MetaCheck - Finally, something NEW in the weight loss industry!

The MetaCheck from Korr Medical Technologies measures a person's resting metabolic rate with a simple 10 minute breath test. The technology once reserved for hospitals and universities is now available in a low cost, easy to use system! Testing metabolic rates will determine exactly how many calories a person may eat and still lose or maintain weight. No more charts, averages, or guessing. For the first time in years, there is something truly new for the thousands of people who are trying to lose weight.

The Right Way to Diet

Metabolism is key to weight loss.

Testing a person's metabolic rate will determine exactly how many calories she needs to cut to lose weight. Retesting will reveal if her metabolism has been affected by dieting. The only way to really know if someone **is burning fat is to test her metabolism.**

A weight loss plan must be individualized

When it comes to weight loss, there is no such thing as "one size fits all." Each person's metabolism is different based on genetics, eating habits, and fitness level. Each person gains weight for a variety of physical, emotional, and environmental factors. Charts and averages just aren't effective ways to construct a diet plan. The [MetaCheck](#) gives you specific data about each client to customize a plan just for them.

Clients need to stay motivated

With the [MetaCheck](#), clients can take back control of their lives! With measurements that are unique to them and their own bodies, clients can make the choices that will benefit them most. Continued testing helps motivate them to keep burning fat and guides them to achieve their weight loss goal.

Thousands of potential customers are looking for something truly new to help them lose weight. [MetaCheck](#) offers them the answers. No gimmicks, no empty promises. Just real science that leads to real results.

Metabolic Rate Measurements

Metabolic rate, or metabolism, is the rate at which the body expends energy. This is also referred to as the "caloric burn rate". Knowing metabolic rate is vital for weight loss as well as for determining the proper feeding amounts needed to treat various disease states.

Energy expenditure can be divided into three groups of calories.

Resting Calories – Calories that are burned while the body is at rest. These calories are needed just to maintain life. The majority of all calories burned (about 70-80%) are burned at the resting level.

Activity Calories – Calories that are burned because of normal daily activities are "Activity Calories". Normal daily activities such as walking, eating (digesting food), typing, etc. are included in activity calories.

Exercise Calories – These calories are burned because of exercise.

The sum of all of these groups of calories is the total metabolic rate.

Energy Balance

The body gains or loses fat based on energy balance. Energy balance refers to the relationship between energy intake (eating) and energy expenditure (metabolic rate). The figures below describe the three states of energy balance.

Eating to your **METABOLISM**

Korr is proud to introduce its *Target Zone Diet Program*, Eating To Your Metabolism. Once you've completed your Metabolic Testing with [MetaCheck](#) or [REEVUE](#), your counselor will identify your Target Caloric Zone.



The image shows a screenshot of a web form titled "Coach's Interpretation". It contains three input fields: "Target daily calories:" with a play button icon to its right, "Next Test Date:", and "Exercise Goal:". The form is styled with a light blue header and a white body with horizontal lines separating the fields.

Your personal trainer will then set up an account with you on our web based system provided by FitDay.com. Make note of your account name and password so you can access your files at home. Click here, [e-Tracker](#), to access that web site, or go directly there from our home page by selecting [e-Tracker](#) quick link in the highlights box.

That's all it takes to get started! Your counselor will give you the EATING TO YOUR METABOLISM kit (available Spring 2004) to guide you through this exciting process of losing weight. It includes the Target Tracker, instructions for using [e-Tracker](#), plus many other tools to help teach, guide, and motivate you.

For a brief overview of using both the Target Tracker and the [e-Tracker](#), just select [Quick guide to Target Tracking System](#).

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[Call today to schedule your Test! Just \\$49!](#)