

The day of your BodyGem metabolic measurement:

- Do not eat or drink anything for at least 4 hours prior to your scheduled appointment. Water is OK.
- Do not exercise for at least 4 hours prior to your scheduled appointment.
- Do not consume caffeine or nutrition supplements for 4 hours prior to your scheduled appointment.
- Do not use nicotine for 1 hour prior to your scheduled appointment.
- Continue to take any prescribed medications.
- Call your wellness professional at:

_____ if you develop an acute illness (flu, infection, etc.) or to reschedule your appointment.

Your BodyGem metabolic measurement appointment:

Date: _____

Time: _____

Why does measuring with the BodyGem work?

BodyGem is an evidence-based solution for wellness professionals that follow international and national guidelines for treating excess bodyweight.

BodyGem allows wellness professionals to implement the American Dietetic Association recommendations with an accurate assessment of metabolism for developing nutrition plans.

BodyGem offers a personalized approach to weight management by providing the single best piece of information available in developing your nutrition plan — your metabolism. In addition, studies have consistently demonstrated that personalized nutrition plans are better at helping you lose or maintain weight.⁴

1. McDaniel SO, Nelson HA, Thompson CA. Employing RMR technology in a 90 day weight control program. *Obes Facts*. 2008; 1(6):298-304.
2. McDaniel SO. A personalized nutrition message centered on energy balance influences self-efficacy for weight control in obese adults. *Obesity*. 2008;16(51):160.
3. McDaniel SO. A Systematic Review on the Accuracy and Reliability of a Hand-Held Indirect Calorimeter for Assessing Energy Needs in Adults & Children. *Int J Sport - Exerc Metab*. 2007; 17: 491-500.
4. Noar SM, Benac CN, Harris MS. Does tailoring matter? Meta-analytic review of tailored print health behavior change interventions. *Psych Bull*. 2007;133(4):673-693.

microlife[®]
Medical Home Solutions

2801 Youngfield Street, Suite 241 • Golden, CO 80401
1.800.968.1378 • info@MiMHS.com
www.MiMHS.com • www.MiHealthLog.com

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P/N: 609-0047-03-A.

This metabolic test is used on:



Tuesdays on NBC, 8/7C

Metabolism Matters



Weight Management success is a simple measurement away...



For Customer Support Contact:
Sales & Support@1-800-968-1378
info@MiMHS.com
www.MiMHS.com

Bo

Your metabolism — combined with your daily physical activity — determines how many calories your body burns each day.

Until recently, there was no convenient or affordable way to measure your metabolism. Now, with the BodyGem® device, you can easily and quickly learn your metabolic rate with a simple breath test that your wellness professional can administer in 10 minutes or less.

Why would I want my metabolism measured?

A metabolic measurement will determine how many calories your body needs to meet your goals. Specifically, a BodyGem measurement might be right for you if you are:

- Trying to lose weight
- Trying to maintain weight (especially after a weight management program, diet, or other nutritional changes)
- Interested in improving overall health and fitness



The BodyGem is also beneficial to you if you desire to maintain bodyweight.

Ask your wellness professional if BodyGem is right for you!
For more information visit: www.MiMHS.com

Metabolism Matters

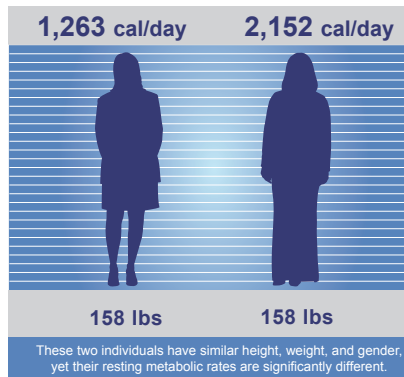


Your metabolism is the total number of calories burned each day. Metabolism is comprised of normal bodily functions and daily physical activity. Since metabolism is an essential component to weight management, it is an important for your wellness professional to assess your metabolism to establish your daily calorie goals.

Why is it important to know my metabolism?

Metabolism is influenced by a number of factors, such as:

Age	Gender
Bodyweight	Muscle mass
Hormone levels	Illness or disease
Medications	



** 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.

Even individuals that are similar to one another such as family members or friends can have significant metabolic differences. A previous scientific study indicated individuals with similar physical characteristics (i.e., bodyweight, gender, age, etc.) can have large metabolic differences — 900 calories per day. This may explain why weight loss varies among friends and family members participating in the same weight loss program.

BodyGem Success

Individuals with a nutrition plan developed with the BodyGem device experience nearly double the weight loss compared to traditional methods.¹ Individuals indicate better self-confidence in achieving their weight loss goal with the BodyGem measurement.²

How can I use my BodyGem metabolic measurement?

It's simple. The BodyGem metabolic measurement provides you with an accurate³ daily calorie goal. Regardless of what you eat, it is impossible to lose weight unless you eat fewer calories than you burn. With your BodyGem metabolic measurement, you will have a personalized nutrition and physical activity plan that guides you in losing or maintaining weight.

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. 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.