

12 WEEK PROGRAM

Atlanta Wellness is introducing a 12 week, individualized weight loss program to provide the education and resources needed to achieve a healthy weight.

The key to effective weight loss is knowing what your body needs. The amount of calories needed daily varies in each person. This program provides a specific plan by showing you how many calories to consume and what amount and intensity of exercise is needed to reach your goals. Our certified personal trainers develop a plan tailored for your individual needs.

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Weight Loss Program



- Metabolic Testing
- VO2 Testing
- Personal Training
- Gym Membership
- 30 Minute Massage

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Services Incuded

METABOLIC TESTING:

Metabolic tests show precisely how many calories you burn all day. In the past, metabolic testing was only available at universities and hospitals. Metabolic testing identifies your unique target caloric zones so you can meet your goals with diet and exercise. It is a simple 10 minute breath test. During the test you will sit back, relax and breathe. You will be given a mouth-piece to breathe into. You will be breathing air from the room, but the air you breath out will go into the metabolic analyzer to measure your metabolic rate. Your target caloric zones will show you how to eat the maximum amount of food and still loose weight. Your trainer will use the results in designing a plan to meet your individual goals quickly.

VO2 TESTING:

VO2 testing reveals the exercise level that will optimize a person's ability to burn fat. Without VO2 testing, fitness professionals rely on estimates to determine what level of intensity would be "aerobic" or fat burning. VO2 testing will give you the precise level of intensity that will maximize the amount of

fat you burn. The VO2 test measures the amount of oxygen your body uses at different exertion levels while you exercise on a bike or treadmill. This is done as you breathe through a mask during a short workout. The trainer will instruct you to gradually increase your intensity over a period of 6 to 20 minutes. You can cool down while your Target Intensity Zones are calculated and printed in a simple report.

FITNESS ASSESSMENT:

This assessment will help determine realistic goals and baseline measurements. Baseline tests will include body weight, body composition, circumference measurements, cardiovascular and flexibility assessment. A follow up assessment is included.

24 TRAINING SESSIONS:

Meet with certified personal trainer, Christine Truhe, 2 times a week for 3 months for a total of 24 personal training sessions. Christine will develop an exercise plan based on your goals, test results and fitness assessment.

GYM MEMBERSHIP:

Work out anytime at our gym during the 3 months to follow your exercise plan. The gym membership includes use of the gym and group classes such as aerobics, strength training, yoga, abs and core and Pilates.

DIETARY SUPPORT:

One nutrition assessment and information session. Monthly check-ins for dietary support.

30 MINUTE MASSAGE:

Reward your hard work and relax sore muscles with a 30 minute massage with our Licensed Massage Therapist.

This program is available at a discounted price. All services are also available individually. Please call 678.318.8039 or e-mail bz@atlwellness.com for