

Learn how many calories you burn...

metabolic test

a quick

could give you the answers for your future success!

Would you like to know how many calories your body burns? This simple breathing test will give you valuable information that can help in setting realistic goals for healthy weight loss and maintenance. You will also receive a personal meal plan based on your calorie needs. Protocol requires that participants not eat or exercise for 4 hours prior to the appointment time. Please call the front desk to schedule.



Kim Flannery, Nutrition Director

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Metabolic Test with WAC Dietician, Kim

\$50 member | \$65 non-member • Sign up at front desk