

SmartFITT LLC

Beth Huschle, MA, EPC
Exercise Physiologist
(218) 779-2873
beth@mysmartfitt.com

Lose Weight the Smart Way

Thanks Beth!! This is the most success I have had in a long time with diet and exercise. I am feeling good and can totally tell I am losing inches. I sleep so much better now and have so much more energy and my mood swings are way better. Thank you so much for your support and encouragement.

~Rose, Bemidji, MN



Have you been struggling to lose weight? Have you ever gone on a diet? If you answered 'yes' to either one of these questions you are just like every other American. If so many people are on diets, why is obesity such a fast growing epidemic? The truth is weight loss is a science and exercise physiologists are the scientists who have gone to school to uncover its secrets.

Every individual has their own unique metabolic rate along with their own target fat burning range. The only way to uncover your exclusive numbers is through metabolic analysis. Board Certified Exercise Physiologists have the knowledge and capabilities to decipher your numbers and turn them into an exercise program and diet that is realistic and sustainable. SmartFITT Exercise Physiologists are Board Certified through the American Society of Exercise Physiologists. They are trained to listen to your goals, complete the necessary assessments for reaching your goals, and design a comprehensive program that will help you reach your goals in a realistic time frame. Often when an individual starts exercising to lose weight, they start out too fast. Most people believe that they need to go harder to achieve results. However, exercising slower for longer is actually better. Your SmartFITT Exercise Physiologist will help you understand how you should exercise to achieve successful weight loss.

Safe weight loss consists of 1-2 pounds of fat per week. Fat loss should be achieved through a combination of both diet modification and exercise. Relying on one or the other to reach your weight loss goals is not realistic and will not be sustainable. There will be a time when you are not able to exercise seven days per week or cut 750 calories out of your diet. When this happens you will gain back the weight that you had lost and many times you will gain more than you had lost! "Yo-yo" weight loss and gain is more harmful to your body than simply being overweight. That is why SmartFITT Exercise Physiologists design weight loss programs that are practical and sustainable.

Measuring your Resting Metabolic Rate (RMR) tells you and your Exercise Physiologist how many calories your body burns in a day if you were to remain in a resting state all day. Although no one rests all day, this number is important because it is measurable and gives your Exercise Physiologist insight into how your body

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operates. When your RMR is teamed with a VO₂ assessment (oxygen consumption assessment), your SmartFITT Exercise Physiologist will be able to tell you how to lose the fat that you have been trying so hard to lose.

CAUTION! If someone tries to tell you that weight loss is not a science and that there is no need for measurement, DO NOT trust them with your body. Would you trust a mechanic to fix your car if he/she had not even looked at it? Why then would you allow someone to give you an exercise program without taking a closer look at what YOUR body needs?