

FREQUENTLY ASKED QUESTIONS (FAQs)

How does it work?

The FitLab metabolic assessment gathers information about your body by measuring your heart rate and evaluating the mix of oxygen and carbon dioxide in your breath. From this information, we design a plan specifically catered to your body's needs and deliver it in a class format.

Am I required to have a heart rate monitor to participate in FitLab Weight Loss?

Yes. By wearing a heart monitor, your FitLab Coach is able to customize the workouts specifically for YOU! FitLab recommends the Polar RS300 and have some available for purchase.

What happens if I miss a session?

To ensure maximum results, it's very important to stick to your workout routine. If you should miss a session, your FitLab Coach will gladly provide a workout to complete on your own. We don't want you to fall behind!

What should I wear?

Most of the session will take place on cardio equipment designated for FitLab Weight Loss. Please wear comfortable clothing as well as athletic shoes. You should also make sure to wear your heart rate monitor and wrist watch!

GETTING TO KNOW YOUR PERSONAL TRAINER AND NUTRITION COACH



Amy M. Walker has been a Certified Personal Trainer since 2000 and is currently certified through the American Counsel on Exercise (ACE). She also has several certifications through Cooper Clinic including:

Nutrition and Dietary Guidance and Special Populations.

Amy attended Texas Tech University where she was very involved with Fellowship of Christian Athletes and graduated in 2000 with a Bachelor of Arts in Communication Studies and minored in Exercise and Sports Sciences. After college, she was the General Manager of a women's only fitness center and then was the Assistant Athletic Director at a prestigious country club in Plano, TX for several years.

For more information or to schedule a FitLab Metabolic Assessments, please contact Amy at:

901-871-8750

FitLab accepts all major credit cards, PayPal, or cash.

FITLAB

METABOLIC SERVICES

12 WEEK WEIGHT LOSS CLASS



100 Peachtree Parkway N, Suite 11
Peachtree City, GA 30269
(next door to Bicycles Unlimited)

www.fitlabinc.com

WHAT IS FITLAB WEIGHT LOSS PROGRAM?



FitLab Weight Loss is a 12-week program that meets 3 times per week with a Certified FitLab Coach and Nutritional Advisor. Each class is based on the results from your RMR and FitMAP and is an optional way to help ensure you meet your goals.

As a member of FitLab Weight Loss, you will receive the benefits of a personalized program that is structured in a group format. This system encourages accountability and peer interaction with those who have the same goals as you do - losing weight and *keeping it off!*

At the beginning of the 12-week program, you and your FitLab Weight Loss Coach will determine your heart rate zones for optimal results and decide on a *realistic* weight loss goal.

Success is based on setting realistic, measurable, obtainable goals. Whether you are currently inactive or already *very* active, this program is designed with you in mind!

OUR MOTTO:

***Don't just Exercise...
Exercise with purpose!***

WHAT SHOULD I EXPECT FROM THE WORKOUT?

Each week the workouts will become progressively more challenging to ensure you will meet your personal goal. During the entire session, your FitLab Coach will be there to facilitate, motivate, as well as provide professional support and guidance.

The first 50-55 minutes of each session will incorporate heart rate "zone" training for cardio and upper body strength training to define muscles and increase your metabolism. The class will end with 5-10 minutes of CORE (balance and abs) training. This combination of exercise produces the quickest and most efficient results as well as making it a fun experience for you!

NUTRITION COACHING

Each session will include nutritional coaching and mentoring. Your FitLab Coach will give helpful handouts, provide healthy recipe options, teach you how to make sound nutritional choices, etc.

We suggest each participant keep a personal "food journal" for accountability and to ensure success.

WHAT DOES THE FITLAB WEIGHT-LOSS PROGRAM COST?

\$450.00***

(less than \$15 per class)

In order to join the class, you will be required to have a heart rate monitor, which can range from \$50 to \$250+. The total cost of the program if purchased as individual Personal Training sessions would be well over \$3000!

- ⇒ Classes are limited to 6 people per 12 week session.
- ⇒ NO GYM MEMBERSHIP required.
- ⇒ Please contact a FitLab representative for class times & more information.

****Can be paid in 3 installments of \$165 rather than one lump sum.*

WHAT HAPPENS AFTER THE 12 WEEKS ARE OVER?

There are several options:

- Talk to your FitLab Coach about how to build your fitness program and maintenance plan to do on your own.
- Sign up for FitLab ELITE, an advanced version of the FitLab Weight Loss Program.
- Talk with your FitLab Coach about how to get involved in Personal Training or another program.