

TRAIN SMARTER

Whether you are a professional athlete, a highly competitive amateur, or a “weekend warrior”, you know that sound training will help you achieve superior results. So, what’s the answer to getting the training program that gives you the competitive edge?

GET THE EDGE

Good Bodies offers the best in sports science and technology. Using Active Metabolic Assessments with the New Leaf™ Active Metabolic System, we can:

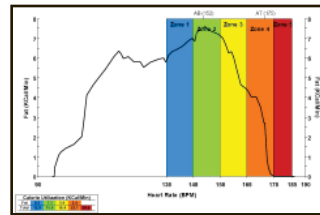
- Prescribe accurate training zones to bring optimal performance.
- Determine precisely how your body performs during exercise.
- Monitor your body’s adaptation to training.
- Regardless the sport, we can ensure that you are training at the correct intensity to prevent injuries and gain optimal performance.



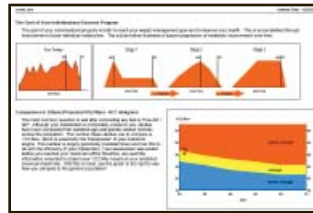
SCIENCE BASED TRAINING

Your metabolic profile is assessed during two 15 minute CO₂ and O₂ assessments performed at rest and during exercise. These assessments can determine your:

- Peak VO₂
- Aerobic Base
- Anaerobic Threshold (AT)
- Optimal Heart Rate Training Zones
- Caloric Burn Rate during Exercise
- Caloric Requirements



Zone Report



VO₂ Max Report

These assessments will help you establish an accurate training program based on your individual physiology. Realistic training goals can be set and reassessments can help measure your progress.



OTHER GOOD BODIES SERVICES

Good Bodies is a Personal Training Studio that can focus on your individual training needs once your assessments are complete.

- Personal Trainers can develop an accurate training program to maximize your assessment results.
- Our **Muscle Activation Technique™** program can solve orthopedic or musculoskeletal concerns (muscleactivation.com for more information)
- Our Registered Dietician can optimize your energy, recovery, and nutritional needs.
- Your body fat and lean muscle is measured by the best Body Composition System available. The **BodPod®** can measure and track your most optimal levels of lean mass vs. fat mass.

PACKAGES & PROGRAMS

Please call or come in to Good Bodies to find out the different options on packages and programs.



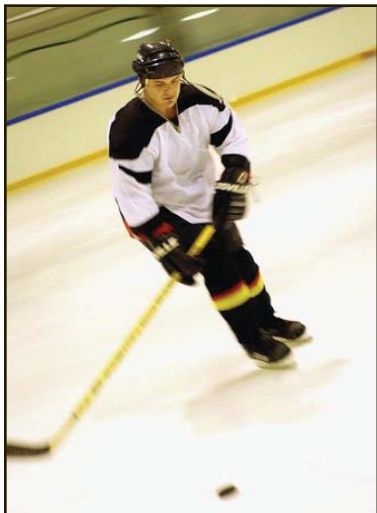


Active Metabolic Assessments



Body Composition Tracking System

We offer assessments previously available only to elite and Olympic athletes. We can accurately measure your metabolic profile and body composition and create objective training plans just for you.



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**TRAIN SMART...
TRAIN RIGHT...
GET THE EDGE!**

