



How do I start exercising intelligently?

After you've booked your appointment, it's as easy as 1-2-3!

1. A staff member of *Intelligent Fitness* will assist you in putting on a heart rate strap and face mask.
2. You will be directed to begin exercising on a bicycle, treadmill, stairstepper, elliptical, or rower. Your technician will instruct you to gradually increase your intensity for 6 to 20 minutes.
3. You will be asked to cool down as your results are printed in a simple, insightful report. We promise your results will be easy to understand and immediately applicable to your workout. We will conclude your session once you feel like you fully understand your data. We guarantee it!

You bought the shoes, you bought the gear, you bought the outfits, now invest in something that really will pay off! Ask our staff about booking your appointment today.

Shelburne Athletic Club



Intelligent Fitness

The

INFORMATIVE

solution

to your

INDIVIDUAL

workout



Exercise that makes sense!

Get the most out of your exercise:

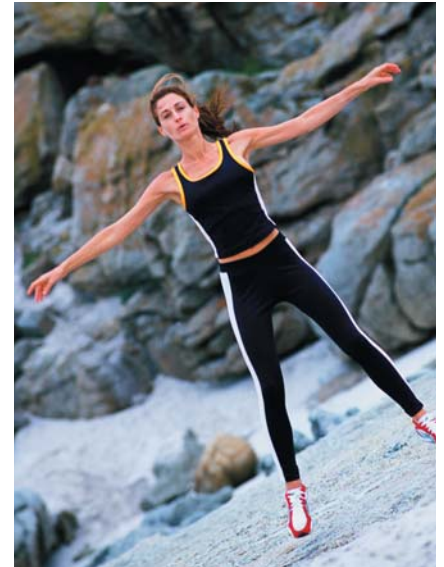
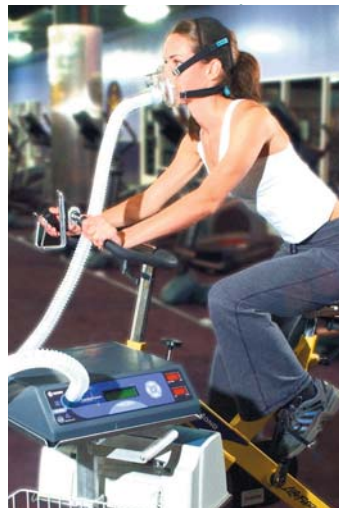
We all want to make the most of our time. That is why heart rate training is so important. Each of us has unique Target Heart Rate Zones. Every zone determines the fuel our body prefers. Lower intensity zones primarily burn fat as a fuel, while the higher zones consume carbohydrates. This will impact the foods you eat and the foods you crave. Those heart rate charts on the walls are averages...you are not average. *Intelligent Fitness* believes in your uniqueness. We will help you find your Target Heart Rate Zones, to ensure you are making the most of your workout time—helping you to achieve your goals.

What will the test tell me?

Depending on your needs, and the tests you choose, in under an hour you will learn:

- **Resting Metabolic Rate** - the amount of calories your body burns in a day
- **Lactate Threshold** - where your body switches from being a fat burning machine to a sugar burning machine
- **VO2 Max** - the amount of oxygen your body uses during exercise
- **How to use a heart rate monitor**

If your goal is weight loss or maintenance, endurance or athletics, or just feeling energized—we can help.



Intelligent Fitness exclusively at:

Shelburne Athletic Club

166 Athletic Drive

Shelburne, VT 05482

Tel: 802.985.4400

intelligentfitness@adelphia.net