

# Resting Metabolic Rate Testing!

Unlock the key to your success. One simple test provides all the answers to your weight management and fitness goals. Endorsed by researchers at Harvard Medical School, New England Medical Center, and Boston Medical Center – metabolic testing personalizes your fitness and nutrition plans by determining your unique metabolic needs. Customize your program based on your individual needs and see the results you have always wanted!

**By Appointment**

**Contact: Rick or Jason ([snooniantwc@verizon.net](mailto:snooniantwc@verizon.net))**

**Member: \$75/hr**

**Non-Member: \$125/hr**