

The obesity crisis in the modern world is the result of simple math; it's a calories in, calories out calculation. Human beings have been built by evolution to store energy, anything you eat beyond your immediate need for energy, converts to fat. Moreover, the line between being in and out of energy balance is slight. Suppose you eat a mere 5 percent over a 2,000-calorie-a-day average (a glass of apple juice). Those few extra calories can mean a huge weight gain. Since 500 grams of body weight is roughly equivalent to 3,500 calories, that glass of juice adds up to an extra five kilograms over a year. **"A calorie is a calorie" whether it comes from fat, protein, or carbohydrate.**

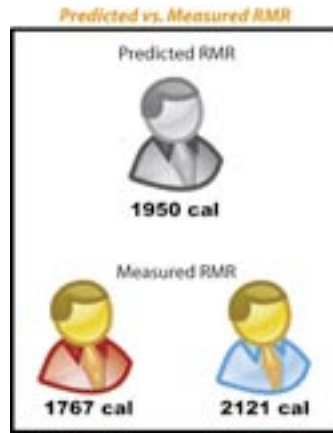


### What is missing in your Weight Management Program?

People get fat by overeating slightly more than they burn. The diet should be low in calories, but it should not be too low (a negative balance of no more than 800Kcal/day). NHLBI recommends to lose 450 grams (one pound) per week maximum in order to guarantee long term results and without increasing risks factors. There are many weight loss management programs that can be effective, however you can't identify the right diet without measuring your clients; **simply you can't manage what you don't measure.**

### RMR (Resting Metabolic Rate)

RMR refers to the daily sum of calories burned to maintain vital body functions. RMR may account up to 75% of total daily energy expenditure depending on the daily level of physical activity. To develop an effective diet you cannot avoid measuring RMR. By estimating RMR (Harris-Benedict equation) you may experience big errors.



Mr. Red and Mr. Blue have same height weight and age. Their predicted RMR is the same but the measured is significantly different. Estimating RMR can drive your program in over/under estimations.

### Fitmate®

Fitmate® measures accurate RMR for each individual and providing the key missing components to every weight loss program. Fitmate® is a unique piece of equipment that comes from more than 20 years of experience in the Sport Science and Research Physiology area:

- Delivers superior accuracy for measuring metabolism and resting metabolic rate.
- Develops individual weight management programs based on measurement.
- Provides extreme software flexibility to be used in existing Weight Management Programs.
- Built-in printer provides immediate reports to clients.
- Large color display for a user-friendly graphic user interface.
- Light and portable, fits in any briefcase or desk.

- Fitmate® manages weight management programs without requiring any additional device or software.
- High connectivity (USB-A, USB-B) allows A4/Letter format reports from USB printers.
- PC Software for Windows XP included in standard package.

### RMR a simple testing

RMR testing is simple, fast. It consists of a 10 minutes non-invasive test, during which the subject, resting on a comfortable armchair, wears a face mask that allows to determine the oxygen consumption. No client collaboration is required. Before Fitmate®, this simple test was performed with very expensive equipment, requiring high expertise for carrying out test and results interpretation.

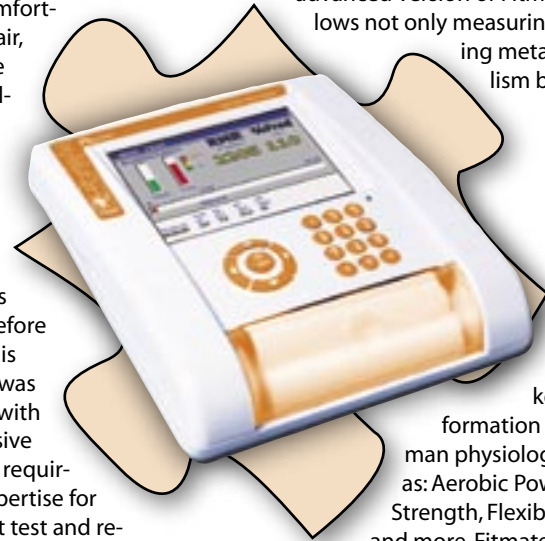
### Maintenance Free!

Fitmate® has been designed to be a maintenance free product. Although the system incorporates latest technology for oxygen consumption and flow volume measurements, Fitmate® doesn't require any specialized service. Fitmate® is automatically calibrated before each test and software tools inform user when disposable components require to be ex-

changed. Disposable (single-user) face masks to be used during RMR testing incorporate high efficiency anti-bacterial filter. This feature eliminates risk of cross contamination and avoid the sterilization of parts in contact with the exhaled breath.

### Managing Physical Activity?

Physical Activity together with an individual diet helps your Weight Management Program to be much more effective. Fitmate® PRO, the advanced version of Fitmate® allows not only measuring resting metabolism but also other

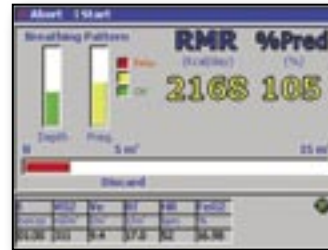


key information of human physiology such as: Aerobic Power, Strength, Flexibility and more. Fitmate®

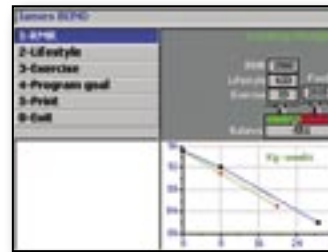
PRO delivers automatic Exercise Prescription according to the ACSM guidelines based on the assessment done on your client.



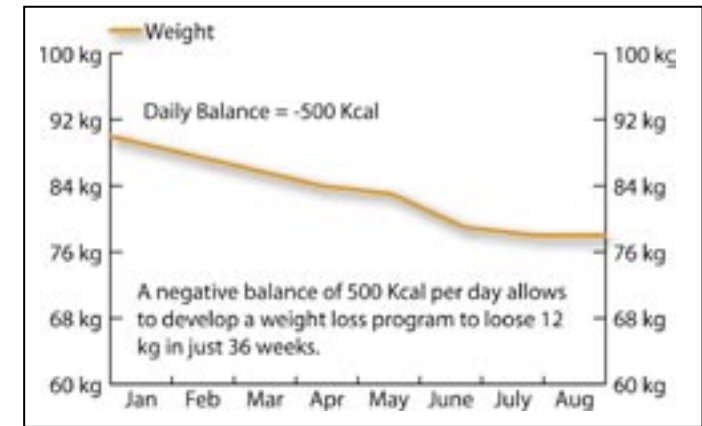
The subject wears a comfortable mask provided with a high efficiency anti-bacterial filter preventing any possible cross contamination.



During RMR testing Fitmate® shows RMR instant value and thresholds bars for quality control purposes.



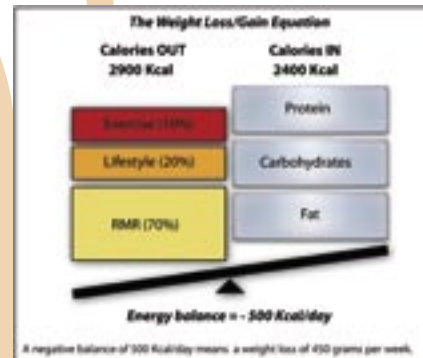
Fitmate® delivers custom designed programs according to RMR measured, lifestyle and level of physical activity done by a subject.



Only by measuring RMR you can develop individual and effective weight management programs that deliver clear information to your clients.

Product Features		
	Fitmate®	Fitmate® PRO
<b>Nutritional Assessment</b>		
Resting Metabolic Rate - RMR	✓	✓
Body Composition	✓	✓
Daily Caloric Intake*	✓	✓
Weight Management Program	✓	✓
<b>Cardiorespiratory Fitness</b>		
Sub-max V02		✓
V02 max		✓
Bike/Treadmill Control		✓
Heart Rate		✓
<b>Strength Assessment</b>		
Muscular Endurance		✓
Muscular Strength		✓
<b>Flexibility</b>		
Risk Analysis*	✓	✓
<b>Exercise Prescription*</b>		
		✓

\* features available through PC software only



Wellness  
technology  
for a scientific  
approach to weight  
management

## Weight Management

### About COSMED

Fitmate® is manufactured by **COSMED**, the world's leader in functional evaluation technology for the health, sport and human performance professions for over 20 years. COSMED products can be found in thousands of the most prominent research institutions, Olympic training centers, sport science universities, hospitals and physician offices throughout the world.

Over the last 20 years technology for human performance assessment has been the domain of a few specialists, working in Universities, sport science centres and hospitals. Expensive equipment, cumbersome technology, complex testing procedures, difficult results interpretation require high level of knowledge and therefore few have had access to testing.

With Fitmate® COSMED made all efforts to package know-how, technology, standards from scientific institutions and new breakthroughs in miniaturizing complex components to offer metabolism measurement capabilities to the health and wellness industry.

### What Do The Experts Say About Measuring Metabolism?

The American College of Sports Medicine, American Heart Association, USDA, Centers for Disease Control and the NHLBI are united in their support of metabolic measurement as a key component of lifestyle changes and weight management programs.

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What is missing  
in your weight  
management  
program ?

Simply, you  
can't manage  
what you don't  
measure...