

What's your Metabolic Fingerprint?



**Lafene
Health
Center**

How many calories do you need to lose or gain weight?

Metabolism is different for everyone.

An accurate scientific measurement can:

- Eliminate the guesswork.
- Help determine your unique calorie needs.

A Health Educator or Registered Dietitian at Lafene Health Center can administer the test using a MedGem® indirect calorimeter by Microlife™ and explain how your metabolic rate affects your overall health and weight management goals.



Call 785.532.5240 for an appointment.



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