


Frustrated by DIETS that just don't work?

St. Bernards Health & Wellness is the only facility in the region offering metabolic testing.

Resting Metabolic Rate (RMR) shows how many calories you burn at rest, doing nothing more than sitting in a chair. By testing your unique metabolic rate, we can help you understand why you have had difficulty losing weight in the past and how you can be now be successful. Your metabolic rate will be used to calculate Target Caloric Zones. With these Target Zones, all the talk about “cutting calories” and “burning fat” will finally make sense as it applies to YOU!

Call Amanda Heringer at 870.207.7823 to schedule your test today!



Frustrated by **DIETS that just don't work?**

Maybe it's your METABOLISM!

We can now measure your **metabolic rate** and determine precisely what you need to do to lose weight. This test is simple and painless... *you just sit back, relax, and just breathe!*

target ZONES Program

Come in to learn more about this **REVOLUTIONARY** approach to weight loss!