

Ready to know your metabolism? Your measurement will take place on:

Before the Measurement

1. Make sure you wait at least 4 hours if you've eaten a moderate (~500 kCal) meal. Ideally, take the measurement first thing in the morning (overnight fasting).
2. Wait at least 4 hours after moderate exercise; at least 12 hours after strenuous exercise.
3. Drinking water before the measurement is fine, but avoid drinking coffee, tea, milk, or other beverages at least 4 hours before the measurement.

For more info, visit:
breezing.com

Application Notes

breezing.com/application-notes

FAQ

breezing.com/questions

View

inspiring real user stories at <https://vimeo.com/breezing/> or by searching for "Breezing Metabolism" on Youtube.

What people are saying about Breezing:

"Crucial if you want to watch your weight."

BBC

"The next logical step in the ever-growing self-tracking movement."

Scientific American

"Here's a dieting tool that's quite breathtaking - literally."

Recommended by the American College of Sports Medicine, the American Diabetes Association, Academy of Nutrition and Dietetics, and the World Health Organization.

Pinterest

[pinterest.com/
breezing](http://pinterest.com/breezing)

Twitter

[@bmetabolism](https://twitter.com/bmetabolism)

Facebook

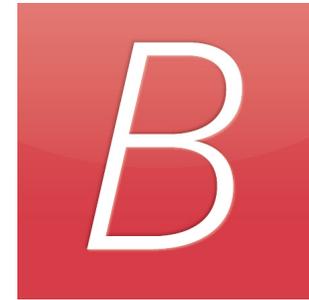
[facebook.com/
breezingco](http://facebook.com/breezingco)

Email

[info@breezing.
com](mailto:info@breezing.com)

If you have any questions about this appointment or measurement, contact:

www.breezing.com



Breezing

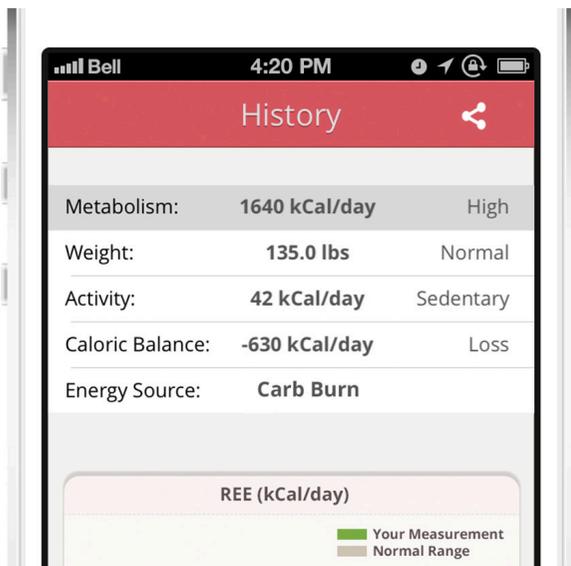
The world's first mobile
metabolism tracker



Avoid the weight plateau while losing weight

Stabilize your energy levels

Design a personalized diet and exercise plan



Do you know why you can't reach your weight goal?

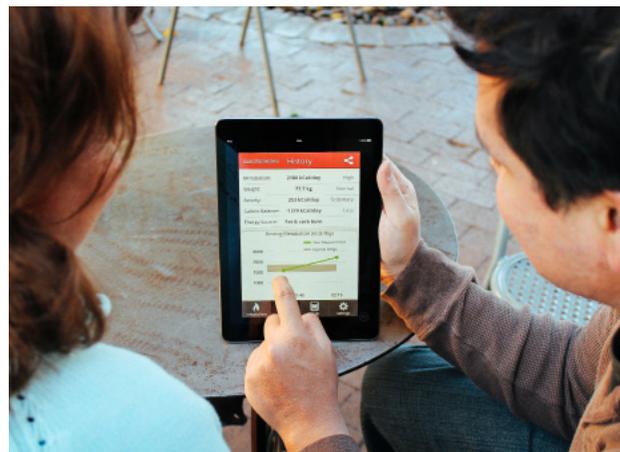
$$\text{[Scale Icon]} = \text{[Fork and Knife Icon]} - \text{[Fire Icon + Running Person Icon]}$$

Metabolism

Tracking **metabolism** gives you the missing information needed to reach your goal. Metabolism accounts for 75-95% of the calories your body burns. Breezing measures the consumed oxygen rate and produced carbon dioxide rate through indirect calorimetry, the gold-standard method recommended by the Academy of Nutrition and Dietetics, the World Health Organization, and others.



Metabolism matters. It changes with age, stress, activity levels, diet, pregnancy, illness, medications, and other factors. Knowing metabolism can prevent the common "yo-yo pattern" of weight gain after initial weight loss, helps us find the most effective exercise/training program, and provides a more complete picture of our health. Breezing is the first to affordably, easily track how many total calories our bodies need each day – determined by our metabolism.



Normal Metabolism: This is the population average. If your metabolism isn't "normal" that doesn't automatically mean something's wrong. Everyone is different.



Slower Metabolism: This could be caused by your diet and exercise program... or it could be your thyroid (hypothyroidism, for instance). Consult with your healthcare professional to find out.



Faster Metabolism: Usually, this is a "good thing" but not always. If your metabolic rate is too high, it could be a sign of hyperthyroidism. Speak with your healthcare professional to better understand what could be going on.



Breezing is designed to help you succeed. How? The Breezing Tracker connects wirelessly with an app on the phone or tablet. **Measure** your metabolism by breathing into the Breezing Tracker. Create a customized **Plan** based on that measurement, your personal weight goals, and the date you'd like to reach those goals. **Achieve** your target by following the recommended exercise and diet plan. To keep yourself on track, just **re-measure** as needed. Simple. In fact, studies show that Breezing users are more successful in maintaining their goal weight than non-Breezing users. It's all in the science.



Find out more:
www.breezing.com