

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](http://breezing.com)

Application Notes

[breezing.com/application-notes](http://breezing.com/application-notes)

FAQ

[breezing.com/questions](http://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

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Facebook

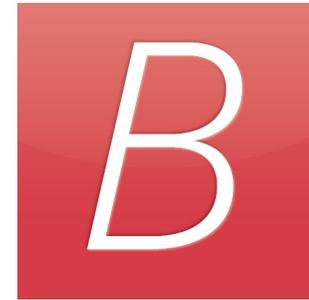
[facebook.com/  
breezingco](http://facebook.com/breezingco)

Email

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

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

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



# Breezing

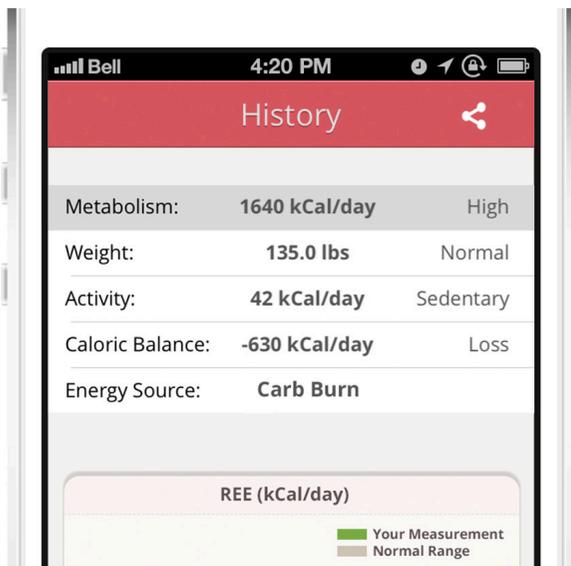
The world's first mobile  
metabolism tracker



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?

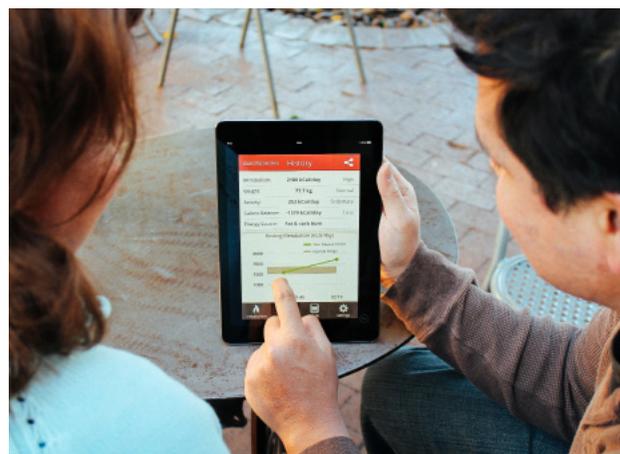
$$\text{[ Scale Icon ]} = \text{[ Fork and Knife Icon ]} - \text{[ Fire Icon + Running Person Icon ]}$$

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.



**M**etabolism 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.



**B**reezing 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](http://www.breezing.com)