



Breezing™

The world's first accurate mobile metabolism tracker



Avoid the weight plateau while losing weight.

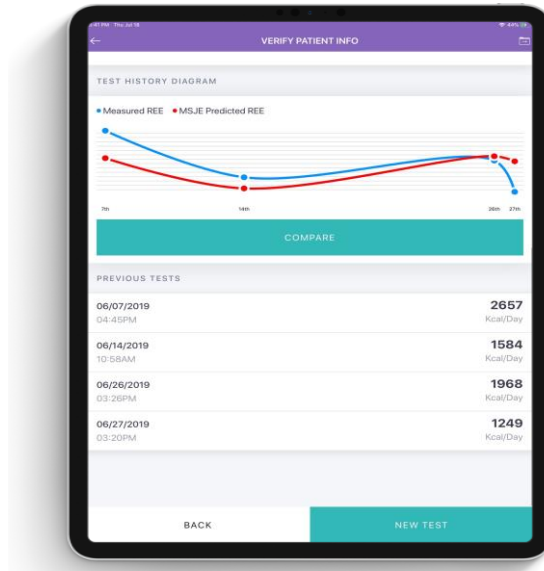
Stabilize your energy levels

Design a personalized diet and exercise plan

Contact us at info@breezing.co

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Metabolism matters. It changes with stress, ages, activity levels, diet, pregnancy, illness, medications, and other factors. Knowing metabolism can prevent the common “yo-yo patterns” of weight gain after weight loss, helps us find the most effective exercise/ training program, and provides a more complete picture.

Tracking metabolism gives you the missing information needed to reach your goal. Metabolism accounts for 75% - 95% of the calories your body burns.

Breezing is the first affordable tool that can easily track how many calories your body needs each day, determined by your metabolism. Breezing includes Breezing Med™ analyzer (FDA cleared with insurance reimbursement) and Breezing Pro™ analyzer for professional use. Breezing

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



accurately measures 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 Organizations, and others.

Breezing has been successfully used for athlete training, wellness, fitness, weight and obesity management, and prevention of prediabetes, Type II diabetes, hypertension, etc.



There is no "ideal" REE. Your REE is unique. Your healthcare provider can use your personal REE to screen for changes in metabolism due to changes in body composition or clinical status.



Slow Metabolism. This could be caused by your diet and/or exercise program, or it could be your Cushing's syndrome and an underactive thyroid. Consult healthcare providers for possible causes.



Fast Metabolism. Normally this is a good thing, but not always. If your metabolism rate is too high, it could be a sign of hyperthyroidism. Consult healthcare providers to find out what is going on.



Breezing Pro™/Med™ is designed to help you succeed. How? The device connects wirelessly with an iPad or other type of tablets, and measures your metabolism by breathing into the mask. It creates a customized plan based on that measurement, your personal weight goals, and the date you'd like to reach those goals. You will 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 managing their weight than non-Breezing users.

It is all in the science.



How to Lose Weight and Live Healthier?

How Does Energy Balance Work?

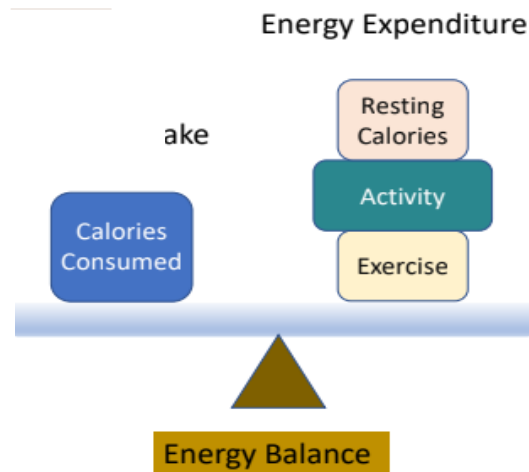
1. Energy balance is like a scale.
2. Resting Energy Expenditure (REE, i.e., RMR) is the rate at which your body burns calories at rest.
3. Total Energy Expenditure (TEE) estimates the calories burned after activity level related to everyday work is factored.
4. Knowing accurate REE helps estimate exercise energy expenditure.

How Can Exercise Help ?

1. Setting an exercise goal helps reach your healthy weight gain or loss goals.

Is a Nutrition Diet Plan Needed?

1. Discuss with healthcare providers about your eating habits. "MyPlate" can help you make changes as it simplifies healthy eating.



Personalized Weight Management

Is critical to improve outcome, including precise measurement of REE

(NIH2021, Academy of Nutrition and Diabetics, the American College of Sports Medicine)

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."

CNET

Indirect calorimetry is recommended by the American College of Sports Medicine, the American Diabetes Association, Academy of Nutrition and Diabetics, and World Health Organization

Resources
[Breezing.com/Resources](https://www.breezing.com/Resources)

Questions
[Breezing.com/Support](https://www.breezing.com/Support)

Breezing is easy, light, comfortable (no-nose clip), simple, accurate, and convenient (self-calibrating, 10 minute testing), assessing REE remote / onsite.

Breezing is affordable: it has competitive costs among its competitors.