

— Customize — YOUR WEIGHT LOSS PROGRAM

With BodyGem® Indirect Calorimetry



Have you ever wondered how many calories your body needs each day? Based on your results from the BodyGem® Indirect Calorimeter, a Hendricks Regional Health registered dietitian can accurately determine a daily caloric range for you based on your resting metabolic rate. This NON-Invasive test only takes 10 minutes and will be followed by 20 minutes of nutrition education to help you reach your individual goal. Contact Kaitie Delgado MS, RD, CD, at **(317) 718-8542** or **KADELGA@HENDRICKS.ORG**.