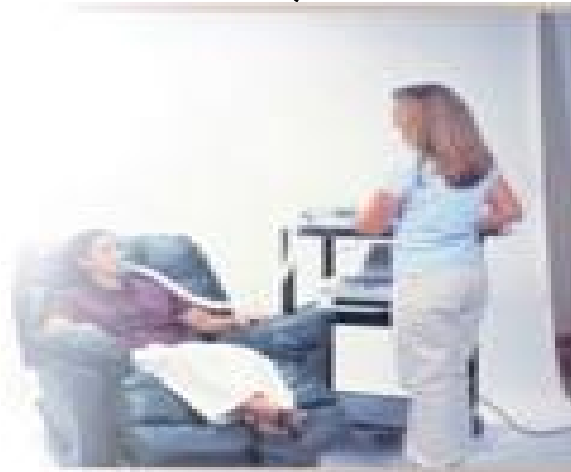


Want to Lose Weight?

Want to Gain Muscle?

Find out how with our Resting Metabolic Rate Test.

A resting metabolic rate test gives you the amount of calories you need per day. It's a simple non-invasive way to figure out your required caloric intake.



Resting metabolic rate testing is a free service provided by Semper Fit Health Promotion. For more information or to schedule an appointment, call Semper Fit Health Promotion at: 763.3793/3794/0419

