



SCIENCE TO TRANSFORM

# METABOLIC PROFILING PROGRAM GUIDE

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*Become the Best Version of Yourself*



# MetPro

MetPro stands for Metabolic Profiling. Our research is the ultimate endeavor to scientifically answer the question: **How Should I Eat?**

- We start with **no assumptions**.
- We evaluate **how your body responds individually to diet and activity**.
- We use **no gimmicks, only pure science**, that's our MetPro promise.

We believe gaining an accurate pulse on your personal metabolic rate is the key to sustainable results.



*“MetPro takes a different approach. By testing and tracking your results, we no longer have to guess.”*

– Angelo Poli, MetPro Founder

# 4 Things You Need to Know About Your Metabolism

## 1. No Two People Respond Identically to the Same Diet

Everyone needs something different, furthermore, they need something different at different times. And we have the data to prove it. What works for John won't necessarily work for Brad, and what worked for Brad last month may not work for him today. That's one HUGE reason why most diets fail.

Being bigger or working harder doesn't automatically equal a faster metabolism. We understand there are many factors that influence your personal metabolic rate. Unlocking your potential begins with identifying where your personal starting point is at.

## 2. Your Metabolic Rate is a Moving Target

Ever wonder why your body rarely responds the same way twice on a particular diet? We can explain that too. Your metabolic rate is a moving target that is constantly adapting to your environment. It gets used to anything you do. Timing is critical. Tracking your personal metabolic rate allows us to know the right time to push for more weight loss or when to adjust your program so that it is moving forward at all times.

*“The key to weight loss is changing your metabolism – not eating less and less. Diets only work until your metabolism figures out what you’re up to.”*

– Megan Omli, Director of Coaching

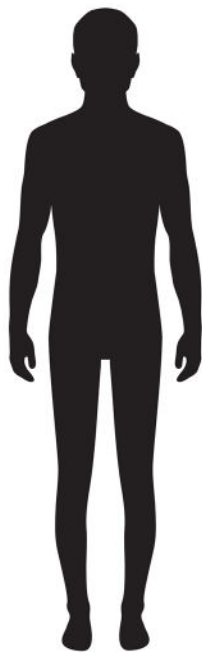


### 3. Your Metabolism Regulates to Your Diet and Activity

Your body adapts. This allows you to survive while increasing or decreasing the amount of food you eat. Without managing this response, permanent weight loss is almost impossible. MetPro is designed to provide the up-to-the-minute feedback needed to correctly make decisions about your day-to-day intake and physical activity.

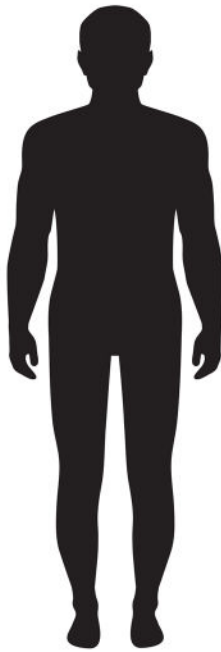
### 4. Your Body Type Effects How You Respond

Everyone's body adapts differently to changes in diet and exercise. Ectomorphs acclimate quickest to increases in food intake, making fat loss easier but muscle development hard. Endomorphs acclimate quickest to restricted food intake, making fat loss harder but muscular development easy. Understanding your Metabolic Profile is critical when selecting the right approach. You won't respond the same way as someone else with different genetics. At MetPro, these differences are considered with every diet adjustment – as well as your exercise strategy.



#### **Ectomorph**

Ectomorphs tend to be a linear build, with less fat in their arms and legs.



#### **Mesomorph**

Mesomorphs tend to be a medium build, but can gain body fat with age.

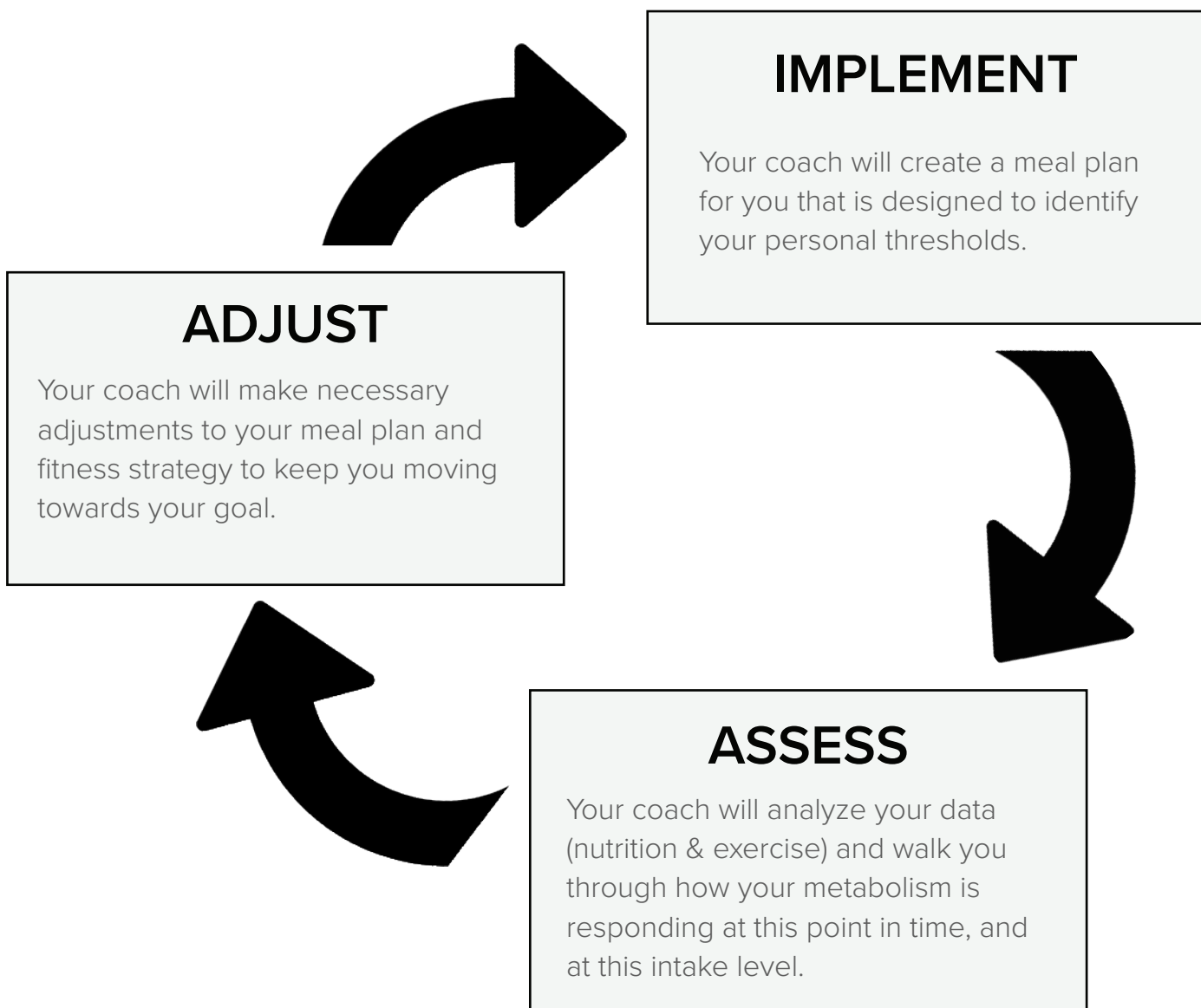


#### **Endomorph**

Endomorphs tend to be a stocky build who often gain weight easily.

# Why is MetPro Different?

Most popular diets fall short because they lack ongoing evaluation and individualization. MetPro takes a different approach. We baseline test across multiple intake ranges to identify the truth behind your personal metabolic characteristics. Then we provide you with a system for “periodization,” step-by-step adjustments based on your results from one week to the next.



# Program Snapshot

## Metabolic & Lifestyle Assessment

It all starts with getting to know you. As you help us learn about your lifestyle, metabolic history, and personal characteristics, we will be able to positively identify and customize a nutritional strategy that matches your metabolism.

## Your Coaches

One of our MetPro Registered Dietitians will monitor you closely throughout the baseline-testing process. Once your metabolic profile has been established, your Lead Coach will continue walking with you throughout the ongoing implement, assess and adjustment cycle.

## Your MetPro Lifestylist

You will always have access to your Registered Dietitian throughout your entire experience with MetPro. Additionally, our Lifestyle department is available as a resource to make advanced recommendations while you are dining out and traveling.

*“As a Doctor, MetPro made sense to me based on the theory of how the metabolism works and why everybody is a little bit different.”*

– Lyell H, Surgeon • Iowa



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# Your MetPro Coaches

*“The best part of my job is building relationships with my clients. From celebrating successes to working through hurdles – I am by their side every step of the way.”*

– Stephanie Mckinley, MetPro Coach (Registered Dietitian)



Our Coaches are the experts behind the MetPro methodology who will hold you to task and provide accountability, encouragement, and most of all, strategy.

MetPro coaches come from diverse backgrounds. Some are expert Athletic Trainers, others are Dietitians or Wellness Coaches. These individuals are more than someone telling how many spoonfuls of oat bran to eat, they will become your friend and support system from start to finish.

We live for the subtleties that make achieving results possible. We follow the data, but coach from the heart.



# Working With Your Coaches



Communication and check-ins with your coaches will be done through phone calls, text messages, email and the MetPro app.

Throughout the process we will be sending you podcasts, videos, and articles to read in order to educate you on how the metabolism works. We teach you lessons that you will be able to use for the rest of your life.

*“My nutritionist Natalie was amazing! I already know a lot about Nutrition, but MetPro has changed any preconceived perceptions I may have had.”*

– Mary Y., Primary Care Physician • California

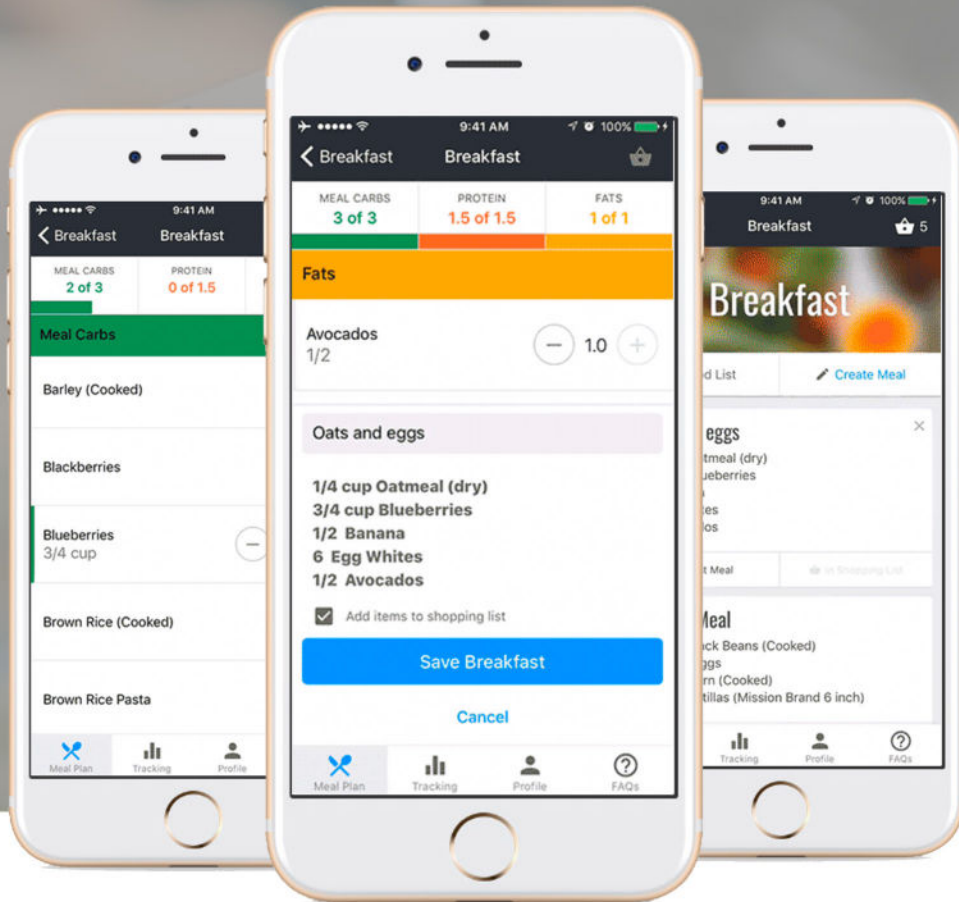


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# A Tool For Success

## THE METPRO APP



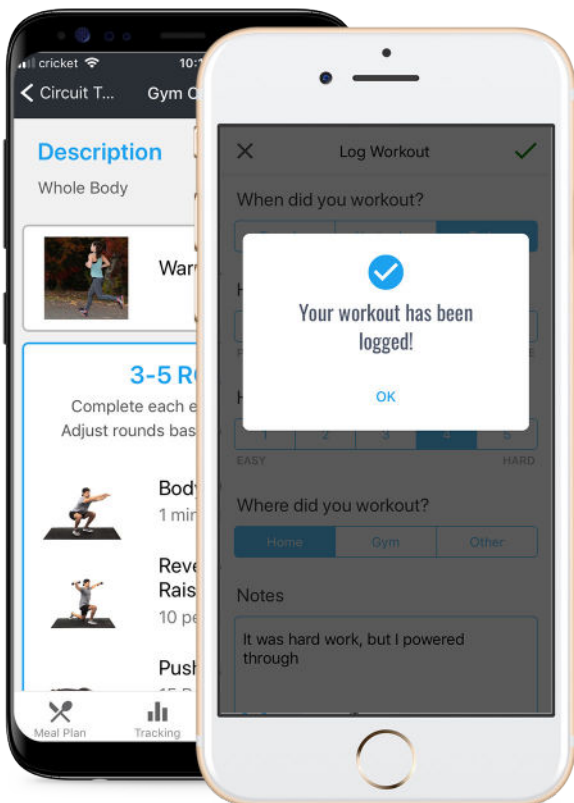
The MetPro app has proven to eliminate noise in the fitness tracking space. While food tracking remains popular, a large gap exists between food journaling and formulating an intentional strategy for ongoing results. MetPro improves this by providing you with a bite-for-bite roadmap using controlled baselines and comparative analytics. Your metabolic data provides the framework for identifying what works and what needs to be modified based on your personal results.

*"I think the MetPro app is an invaluable part of the entire program – I really enjoyed it. And it's easy to use."*

– Michael J., Entrepreneur • Colorado



# Personalized Fitness



You'll start by speaking with your coach about your schedule, environment, and fitness history. Your coach may assign you simple baseline tests to help determine your current level of conditioning.

Next, your coach will build a custom fitness program that will complement your assigned nutrition and lifestyle. You'll be able to view your assigned meal plan and exercise within the MetPro app.

Our coaches build custom programs for any level of fitness. We work with everyone from professional athletes to those simply looking to reintroduce movement in their life. Whatever your goals, MetPro will supply you with the tools you need.



# Concierge & Lifestyle Service

The hardest part of following a diet is integrating it into your busy lifestyle. We get that, and that's why MetPro adapts to your ever-changing routine – no matter where you are located.

Living your best life means participating in the things that make your heart sing without sacrificing your health. From traveling, eating at your favorite restaurants, attending business dinners, social events, and celebrations, our concierge lifestyleists will research any restaurant you visit and give you ordering options based on your meal plan and goals.

*“While traveling for business or vacation, MetPro’s concierge service helped me navigate my meals and business dinners by providing specifics from the restaurants I was dining at.”*

– David V., CTO at Operative Media • New York



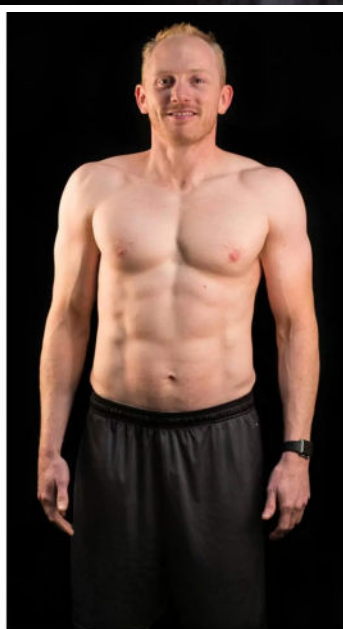
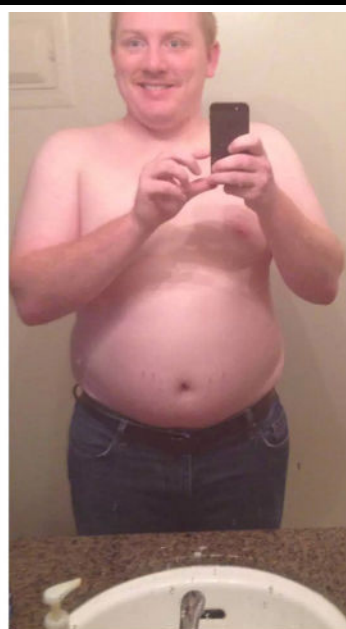
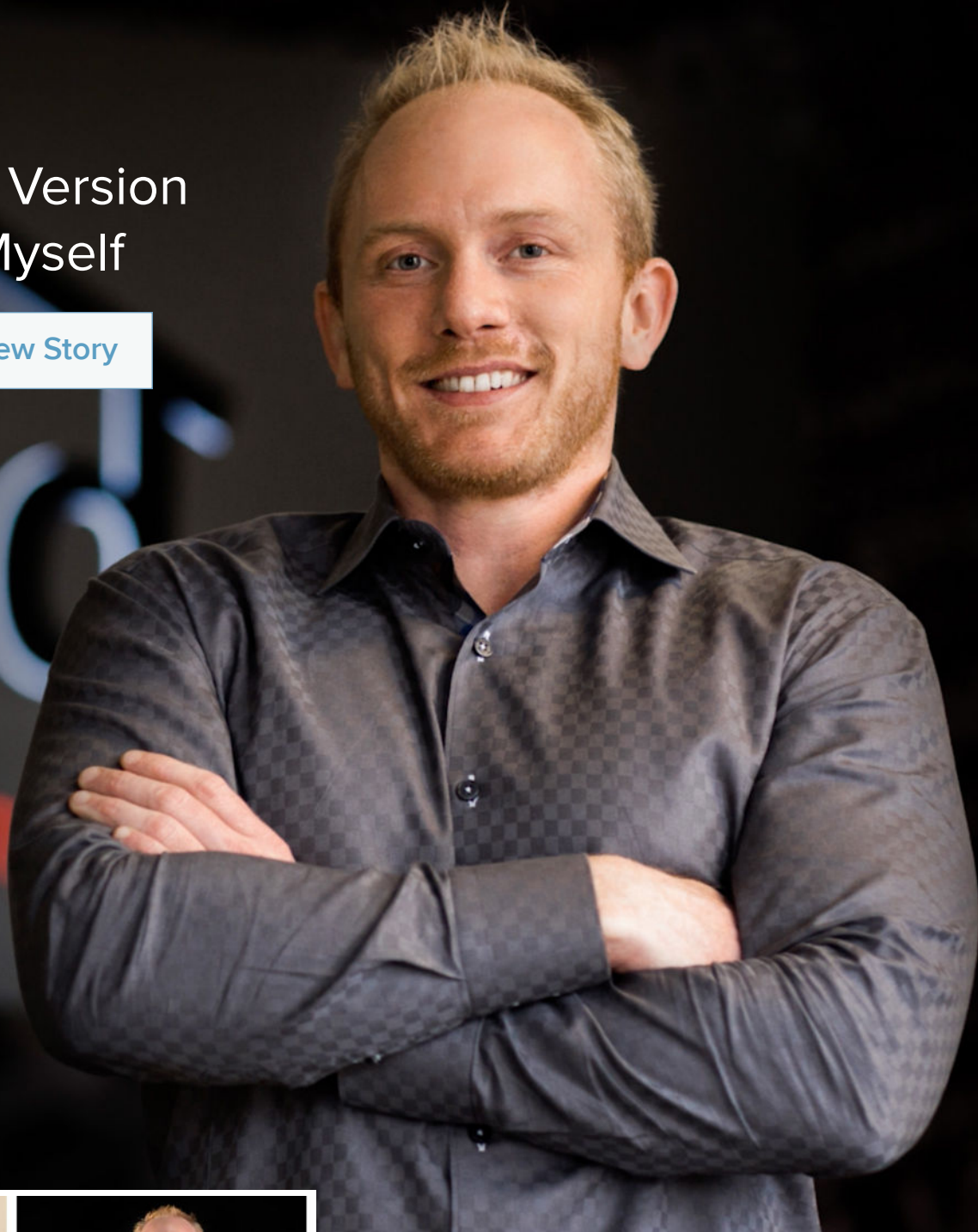
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## A New Version Of Myself



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*"I never thought I could be in the best shape of my life, but now I am! I've never felt or looked better."*

- Dan Davis, VP of Technology at Build.com



# Become the Best Version of Yourself

## Take the Next Step

**Your journey starts with understanding your metabolism.** Over the course of the first two weeks, your coaching staff (nutrition, fitness, and lifestyle) will be in contact with you for an in-depth onboarding process by providing you with education on how your metabolism actually works, and a strategy to achieve your transformation goals. Along with fitness and nutrition coaching support, your lifestyle team will be available to help you with lifestyle related questions, as well as providing guidance pertaining to meals and workouts as you travel. At MetPro, there are no long-term agreements or binding contracts – just one mission: to help you become the best version of yourself.

*Our goal is to provide a service unlike anything else you have ever experienced. Once your goals are achieved, you are ready to take the knowledge you have learned and continue living your best life.*

## Do you have any questions about MetPro?

I understand that making the decision to become the best version of yourself takes careful consideration. If you have any questions, I would love to answer them.



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**Metabolic Expert**

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**[Schedule a consultation](#)**

View More online at [www.metpro.co](http://www.metpro.co)