



Weight Loss Services

Kisiel Koaching offers weight loss services that raise awareness about personal eating behaviors and body composition testing to measure progress.

You can be thinner, have more energy, and feel better about your body...

And you don't need to skip meals, give up favorite foods or exercise to exhaustion. Weight loss is achieved through a negative energy balance where more calories are burned than consumed. Small changes in your nutrition and exercise create this deficit resulting in gradual, maintainable weight loss.

Eating Habit Analysis

If you aren't aware of your eating habits and your relationships with food you cannot change how you eat and lose weight. By tracking when, what, and why you consume food and the resultant feelings of your actions you will gain a better understanding of your eating patterns.

Food is often consumed not because of hunger but for comfort, to ease boredom, or by the clock. What are your triggers to eat?

Meals are eaten fast or slow, with company or alone, at the table or in the car, from large containers or small dishes. Is your eating environment conducive to thoughtful consumption or does it encourage distracted overeating?

Service includes analysis of a week of food logs and an hour consultation on findings with recommendations for improvement.

Price

\$75

Services are discounted for long-term personal training, wellness coaching and sports coaching clients. All prices include New Mexico Gross Receipts Tax.

Body Composition Testing

Weighing yourself each morning can set your mood for the rest of the day depending on what the numbers show. The scale, however, is blind and doesn't know the make-up of the volume it is measuring. The scale can't tell you when you are reducing fat and gaining muscle.

Body composition testing, however, does know the difference between lean and fat body mass. Using skinfold caliper testing, the most accurate field technique, subcutaneous fat at three body sites is measured. These data points are used to calculate pounds of lean mass, fat mass, and fat percentage.

Service includes baseline and six month follow-up tests. Analysis provides percent lean and fat, ideal body weight range, and comparison of results to national norms.

Price

\$50