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**FOR IMMEDIATE RELEASE**

**Why guessing your calories is keeping you fat,  
Everyday Athletes BodPod waves goodbye to the guessing game**

*Louisville, KY-* On August, 1st, 2015 Everyday Athletes, one of Louisville's top fitness facilities, will unveil the most accurate nutritional program in Louisville. Everyday Athletes will be capable of producing the most precise nutritional programs based off of true body fat levels. The BodPod system is the most accurate measurement of a body's fat mass and lean mass. Using this leading technology Everyday Athletes is able to prescribe perfect individual caloric needs. All too often, people will eat based off of My Fitness Pal, Weight Watchers, or calorie estimators. But this gives no detail into what this weight is, fat or muscle. The BodPod allows us to guide a person directly to their fitness goals. No more guessing, no more failure.

"We were tired of seeing all the hard work our members put into the gym get wasted all because of a poor diet." explains Brad Longazel, a certified fitness professional and co- founder of Everyday Athletes. "We now have the key to unlock the mystery of caloric intake. Unlike the past, we can now create client meal plans based off the prescribed caloric data obtained through the BodPod. Because of this we are seeing more consistent results across the board."

"Most gyms offer little to no nutritional support when it comes to fitness goals" My goal is to help the residents of Louisville make the most educated choices possible. I believe in giving the best results possible, and if it takes a BodPod to achieve t results so be it." Members will follow their unique Everyday Athletes exercise and nutritional using the BodPod to tailor their caloric needs based on their monthly progress.

BodPod Nutritional Programing starts August 1<sup>st</sup> and will be located at 1804 Production Ct. Louisville, KY 40299. To receive more information please contact Brad Longazel

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