

# Metatec Champions the Power of Performance Tracking Through DEXA and Metabolic Testing

*Metatec empowers individuals to optimize fitness & wellness through advanced body composition & metabolic testing, turning health data into actionable insights.*

MASON, MI, UNITED STATES, April 24, 2025 /EINPresswire.com/ -- [Metatec](https://www.metatec.com/), a leading performance and health optimization center, is redefining how individuals approach fitness, longevity, and overall wellness through the power of precise body composition and metabolic testing. With a mission rooted in science and results, Metatec is educating the public about the critical importance of understanding internal health metrics—well beyond the number on a scale.

## Precision Matters: The Science Behind Performance

For athletes, fitness enthusiasts, and health-conscious individuals alike, traditional methods of assessing progress—like weight or BMI—often fail to provide the full picture. That's

where Metatec comes in. By leveraging DEXA (Dual-Energy X-ray Absorptiometry) and metabolic testing, the company empowers clients with accurate data about their body composition, metabolic rate, and overall physiological performance.

"Tracking human performance is more than just measuring effort—it's about understanding the body's response and capabilities at a deeper level," said Jason and Abby Blonshine Metatec. "Through DEXA scans and metabolic testing, we give clients an unparalleled view into their health, enabling smarter training, better nutrition, and long-term success."



Metatec Empowers Health Journeys for the New Year with Cutting-Edge Testing Services





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*The Blonshines*

Why [DEXA and Metabolic Testing](#) Are Game-Changers  
DEXA Scans offer the gold standard in body composition analysis, accurately measuring fat mass, lean muscle mass, and bone density. This level of detail is especially critical for those focused on athletic performance, weight management, and osteoporosis prevention.

Meanwhile, resting metabolic rate (RMR) testing provides insight into how many calories a person burns at rest—a key factor in designing effective nutrition and exercise

plans. When paired with VO<sub>2</sub> max testing, which measures aerobic capacity, individuals gain a comprehensive view of cardiovascular fitness and endurance potential.

This data-driven approach empowers clients with clear, science-based insights into their health and performance — removing the guesswork and providing a solid foundation for informed decisions, whether they're working with a coach or pursuing personal wellness goals.

#### Education at the Core

In addition to advanced testing, Metatec is committed to helping clients understand their results. Through personalized consultations and educational resources, clients leave with more than just data — they gain clarity and confidence to apply these insights to their own health and performance journey.

"We believe that education is empowerment," the Blonshines added. "Our goal is to help every client become the expert of their own body."

#### About Metatec

Metatec is a performance and wellness testing center dedicated to helping individuals optimize their health through advanced diagnostic testing and data interpretation. Services include DEXA body composition scans, resting metabolic rate and VO<sub>2</sub> max testing, exercise performance evaluations, CPR training, and more. By combining cutting-edge tools with expert guidance, Metatec enables clients to take control of their health with clarity and confidence.

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