

Resting Metabolic Rate (RMR) is the total number of calories a person burns at rest to sustain the body's basic functions such as heartbeat, kidney, liver, and brain function. Metabolism is the process of converting food into heat or energy. Believe it or not, your breath contains information on your unique metabolism. Since oxygen is used to create energy, your RMR can be determined by measuring how much oxygen you consume at rest.

By testing your RMR you will:

- Discover your unique resting metabolic rate in just 20 minutes
- Receive a recommended calorie range for weight loss, weight gain, or maintenance
- Compare your RMR to others your own age, gender, height and weight (learn whether your RMR is fast, slow, or normal)
- Choose a goal weight and determine you how long it will take to reach your goal
- Dial in your target calorie goal for athletic performance and recovery
- Receive additional educational materials to aid you in reaching your goal

RMR For Athletes

Knowing your RMR during the different training seasons is critical as your nutritional needs will vary based on your training volume. Endurance athletes in particular need to make sure they are taking in enough calories to support their training during their season though it's not uncommon for newbies to consume too many calories as they are constantly hungry and feel they can eat whatever they want due to training demands.

RMR for Weight Loss

Most overweight people are convinced they have a slow metabolism but this is usually not the case. Once a person knows their RMR and learns that it is normal they can be reassured that a sensible weight loss program based on their unique RMR should put them on the right track to achieve their goals. It is normal for one's RMR to decrease as weight is lost so periodic re-tests are important for the weight loss client.

Pre-Test Requirements

Avoid food or drink (other than water) after midnight prior to the morning of the test. Avoid alcohol for 24 hours prior to the test. Avoid exercising the day of the test or the evening before. Avoid the use of stimulants such as caffeine prior to the test.

The Test

You will sit quietly in a chair for 10 minutes while breathing in a tube that is attached to the metabolic machine. After the test is complete you will receive a printout and consultation.

Testing Fee: \$85 (includes consultation)