



Preparation Instructions Resting Metabolic Rate (RMR) Testing

Resting Metabolic Rate (RMR) testing is used to assess the minimum amount of energy the body expends at rest and provides valuable data for estimating daily caloric needs. During the test, the participant remains completely relaxed while breathing through a mouthpiece or mask. The test typically lasts approximately 15–30 minutes.

Given the sensitivity of the test, it is **CRITICAL** that the following preparation guidelines are followed.

1. Avoid food, caffeine, alcohol, and tobacco or nicotine products for at least 4–6 hours prior to testing. Overnight fasting is preferred whenever possible.
2. Participants should avoid exercise or moderate physical activity on the day of the test. Light daily living activities (dressing, driving, etc.) are acceptable.
3. Participants should avoid vigorous physical activity for at least 24 hours prior to testing. Muscle soreness, fatigue, or recovery demands may elevate metabolism and affect test results.
4. Participants should be thoroughly hydrated prior to testing. Excessive fluid intake immediately before testing should be avoided.
5. Participants should arrive rested and relaxed. Comfortable clothing should be worn, and participants will be seated or lying quietly for the duration of the test.

Due to the nature of these preparation guidelines, Resting Metabolic Rate testing is generally scheduled in the morning.

Please note that if these guidelines are not followed, the accuracy of the test will be compromised.

