



Preparation Instructions Resting Metabolic Rate

Resting metabolic rate (RMR) testing is used to measure energy expenditure (calories burned) during a relaxed resting state. This information assists with weight loss or weight gain plans by establishing a valid, tangible measure of caloric needs.

During the test, the participant sits quietly while breathing through a mask. The average test lasts about 30 minutes.

Given the sensitivity of the test and the multiple variables that can affect metabolic rate, it is CRITICAL that the following preparation guidelines are followed.

1. Avoid food, caffeine, alcohol and tobacco products for 8 hours prior to testing.
2. Participants should be as 'inactive' as possible prior to arriving to the laboratory. Light daily living activity is acceptable (dressing, driving etc.) There is a 10-minute rest period prior to testing to help dissipate the effect of daily living activity.
3. Participants should avoid formal exercise and vigorous activity for at least 12 hours prior to testing.



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

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