

+ RESTING METABOLIC RATE (RMR) TEST

HOW DO I PREPARE FOR MY METABOLIC TEST?

For the most accurate results from your RMR test, please ensure you:

- + FAST - NO WATER/LIQUIDS OR FOOD FOR AT LEAST 5 HOURS PRIOR TO THE TEST
- + NO EXERCISE FOR AT LEAST 12 HOURS PRIOR
- + NO ALCOHOL FOR AT LEAST 24 HOURS PRIOR
- + NO SMOKING ON THE DAY OR AT LEAST 5 HOURS PRIOR TO THE TEST
- + AVOID BEVERAGES WITH CAFFEINE OR OTHER STIMULANTS ON THE DAY
- + AVOID DIETARY SUPPLEMENTS OR PRE-WORKOUTS WHICH MAY INCREASE METABOLISM

This test requires you to be in a completely fasted state to get a true baseline reading of your resting metabolism. If exercising, consuming any food/water, or taking any stimulants within 4-5 hours of performing this test will result in a higher reading and will not be a true reflection of your resting metabolic rate (RMR).

It may be best to book this test as early as possible in the day for your convenience.

For more information, contact Body and Bone on 1300 263 926.

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