



[www.fitnessRxKy.com](http://www.fitnessRxKy.com)

Thanks for scheduling your Resting Metabolic Rate and baseline activity test. This test will help you more clearly understand what your body's basic calorie demand is while you are inactive. This number varies between individuals based on age, weight and body composition. There are many different formulas to try and estimate this number but we are going to use our state of the art ParvoMedics cart with your state of the art breathing to give you real data so that you can plan your daily calorie needs. We will be able to not only give you those calorie demands but also how much of those calories are fat calories and carbohydrate calories.

After we conclude the resting part of the test, you will then move onto the treadmill or your bike. This is not a full metabolic efficiency test so we will not go through all different paces (if you are training for a race or trying to plan your training nutrition you may consider the Metabolic Efficiency test instead). We will start you at a very gentle, easy effort walk. After you have settled into this pace and we have collected data we will have you speed up just a little bit to a mildly harder effort.

Our primary goal for this test is to help you understand your calorie needs at rest and the percent of those that are fat calories vs. carbohydrate calories. If you are new to exercise, the next part of the test with the mild increases in effort will show you the huge impact movement has on your calorie burn.

We hope these numbers will help you in your quest to become healthier, lose weight, be more fit...whatever it is that you want to do to Be Your Best!

To the test please bring:

- Signed waiver (can be completed online)
- Patient profile (can be completed online)
- Heart Rate monitor if you have one
- Comfortable clothes and athletic shoes
- Light jacket that zips up the front (so you can remove before exercise)
- \*\*\*\*YOU WILL NEED TO FAST 10-12 HOURS PRIOR TO TEST START TIME