Resting Metabolic Rate Test Preparation Guidelines

In order to assure that the results of your resting metabolic rate test are as accurate as possible, please review the following guidelines. Your test will be given on the assumption that you have followed these recommendations.

1. Wear loose fitting clothes (jogging attire, shorts, training shoes, etc.)
2. Avoid eating or drinking for 6 hours before your test.
3. Avoid alcohol, tobacco, coffee, and caffeine for at least 6 hours before your test.
4. Avoid exercising for at least 12 hours before your test. Exercise will elevate your blood pressure and resting heart rate - invalidating these measures.
5. Try to get a good night's sleep the night before your test.
6. Please inform a member of staff if you are suffering from any acute respiratory infection or related condition.

Your resting metabolic rate test will involve 30 minutes of rest while lying comfortably on your back and will take place early in the morning, preferably within an hour of waking up.

Please complete all online questionnaires when scheduling your appointment. We look forward to working with you!

Best,

The Fitness Lab Team