

Pre-RMR Instructions

In order to obtain optimal results, it is desirable to measure a person's metabolic rate at a true resting level. To ensure one is at rest, we recommend the following preparation:

1. Avoid eating a meal 4 hours before the test. Drink water and take any prescribed medications as usual.
2. Avoid exercising on the day of testing. Fine to exercise afterwards.
3. Avoid the use of stimulants such as caffeine prior to testing.
4. During the test, you will be sitting in a comfortable position. The environment will be calm so you can relax as much as possible.
5. RMR testing takes 15 minutes, and the rest of the appointment time is for analysis, discussion and coming up with a plan of action to accomplish your nutrition goals with a Registered Dietitian Nutritionist (RDN).