



Client Instruction Sheet - Resting Metabolic Rate Assessment (RMR)

Scheduling the assessment

The assessment will require approximately 30 minutes, due to the 12 hour fast (nothing but water) prerequisite we prefer to schedule resting assessments in the early morning.

Before the Assessment

- Preparing for the assessment:
 - Dress comfortably.
(Ladies, please do not wear an under-wire bra as they interfere with HR reception.)
 - Fast overnight. Don't eat or drink (except water) for at least **twelve hours** prior to the assessment.
 - Don't work out the day before or the day of the assessment (avoid physical activity as much as possible before the assessment).
- You will be asked to read and sign an Informed Consent that explains the purpose, benefits, and risks associated with the assessment.
- The fitness professional administering the assessment will explain the assessment procedures to you in detail and you may ask questions.
- You will place the breathing mask over your nose and mouth and breathe normally for a few minutes to become comfortable with the process. You will need to breathe through your mouth only.

Note: The results of your RMR assessment may not be accurate if you did not follow the instructions for preparing for the assessment. The accuracy of your results can also be affected by certain medications, medical conditions, acute infections and for woman pregnancy, breast feeding or menstruation.

During the Assessment

- You will be asked to wear a Heart Rate Monitor strap – if you have your own, feel free to use it. The assessor will ask to see to make sure that it'll work with our equipment prior to starting the assessment.
- The assessment is conducted in a quiet, dimly lighted room. You will recline in a comfortable position for about 20 minutes.
- You will wear the breathing mask and breathe normally. The air you breathe will be the air present in the room you are in. Tubes from the facemask are connected to a computerized device, which will analyze the air that is exhaled.
- Try to relax as much as possible, but don't fall asleep. Lie still and don't fidget or look around. Don't sit up and don't talk unless you are experiencing problems.

After the Assessment

- You will remove the mask. Your mask becomes your personal property and can be used again for repeat RMR assessments.
- You will be provided with a written report.

You should plan to have a snack or breakfast after the assessment.

Please feel free to contact us at myfitnessco@gmail.com if you have any questions.