

INSTRUCTIONS FOR RESTING METABOLIC RATE (RMR)

Resting Metabolic Rate (RMR)

Resting metabolic rate is the energy (calories expended) by your body to sustain itself at rest. This test is performed using a metabolic cart which directly measures the oxygen consumed by your body while you are lying comfortably at rest. The measurement of oxygen inhaled and carbon dioxide exhaled is used to calculate calories (heat production). During the test, a plexiglass dome is placed over your head to capture samples of the air you inhale and exhale.

Preparing for the Appointment: To maintain test accuracy you must be fasting for 12 hours (no food or beverages, other than water), and avoid strenuous physical activity for 24 hours prior to the test.

Appointment Time: There is a resting phase required before the 20-minute measurement of oxygen-carbon dioxide exchanged. Please allow 60 minutes for the entire appointment AND an additional 30 minutes for a nutrition consult, if scheduled (highly recommended).

Appointment Location: The assessment will be conducted on the 2nd floor of the Anschutz Health and Wellness Center, located at 12348 E. Montview Blvd, Aurora, CO 80045. Parking is located in the lot on the south end of the building for \$1/hour.

****Not covered by insurance.***

For additional questions, please call us at 303-724-9030.