

CLIENT INSTRUCTIONS: MEASURING YOUR RESTING METABOLISM

The most accurate way to assess your nutritional needs is to measure your resting metabolism or the number of calories you burn each day to maintain your normal body functions, such as heart rate, breathing and brain activity. This is considered your resting metabolic rate and is done by measuring the amount of oxygen you consume (breathe in) and the amount of carbon dioxide you expel (breathe out). Factors for your lifestyle and exercise pattern will be considered along with your resting calorie needs to determine the best approach to your nutrition care.

The following suggestions are recommended to optimize the results of the measurement. Your dietetics professional will advise you if these instructions need to be altered based upon your individual situation:

- Do not eat or drink anything (except water) after midnight prior to the measurement. If your measurement is not scheduled in the morning, do not eat or drink anything (except water) for at least 5 hours before your measurement.
- Do not exercise 24 hours prior to your scheduled RMR appointment time.
- Do not smoke or use nicotine (e.g., gum, patches) for at least 2 hours before your appointments.
- Continue taking your medications as prescribed by your physician, advising your dietetics professional of each medication and any herbs, vitamins, minerals, or other supplements that you are taking.
- Plan to sit quietly for approximately 20 minutes prior to the measurement.
- Once your measurement is complete, your dietetics professional will interpret and may use the results as part of your nutrition care plan.

Please contact us if you have any questions about the test.