Guidelines for Metabolism Testing

Metabolism is the amount of calories that your body burns every day. Total metabolism is equal to your resting metabolism (amount of calories your body burns at rest) + lifestyle/occupational activities + exercise. The test measures resting metabolic rate (RMR), which accounts for approximately 75% of your metabolism. The two factors with the largest impact on RMR are:

- 1. Total body weight: if you weigh more, your body requires more calories to maintain normal body functions.
- 2. Total muscle mass: if you have more muscle, your body burns more calories at rest.

Your body combines food (carbohydrates, fats and protein) with oxygen to produce energy. The ReeVue metabolic test measures the amount of oxygen your body consumes and determines your RMR in calories/day. The ReeVue will measure your oxygen consumption until it detects a consistent value. Measuring metabolism is the most accurate method for determining your own unique metabolic rate. Knowing your personal RMR allows for more accurate determination of your daily calorie needs, and helps your dietitian plan the most appropriate meal pattern for you.

To obtain an accurate RMR measurement, you will need to follow these guidelines to assure that you are in a resting state. You must **not** have:

- Eaten for at least 4 hours (water is OK)
- Exercised for at least 4 hours
- Had any caffeine or stimulatory nutrition supplements for at least 4 hours
- Used any form of nicotine for at least 1 hour

You will be asked to sit still with little movement for 10-20 minutes prior to the test.

Measurement protocol: place nose clip over your nose; it is important to close off your nose completely. Hold mouthpiece in your hands, using your arms for support and comfort. Maintain a tight seal around the mouthpiece while measurement is in progress. Breathe normally, if your mouth becomes dry, touch your tongue to the roof of your mouth. You can swallow during the measurement (you may feel your ears plug when you swallow because your nose is plugged). The ReeVue will beep once when the measurement is complete. The test will take about 10 minutes. At the completion of the test, your personal RMR results will be provided.