



# Resting Metabolic Rate Test

## Your Metabolic Fingerprint

**Test Date:** \_\_\_\_\_ **Test Time:** \_\_\_\_\_

**Cost:** \_\_\_\$115\_\_\_ **Questions or Cancellations:** (305) 296-3434

**IMPORTANT - No Call / No Show will be billed \$55.  
Please call if you can't make it!**

**Address: 1277 1st Street, Suite 1 - Key West, FL (Near Corner of 1st and Fogarty)**

## Test Requirements

1. Make sure you don't have a full bladder.
2. You must not eat anything or drink caffeine 3 hours before measuring.
3. You should avoid moderate activity for 12 hours before measuring.
4. No alcohol 24 hours before measuring.
5. No cigarettes 1 hour before the test.
6. You should not be taking diuretics prior to measuring. (If you are taking diuretics because your doctor prescribed them, DO NOT stop taking them unless your doctor says you should!)
7. No Over The Counter (OTC) medications the morning of the test. Specifically you need to avoid decongestants or anti-histamines.

## What to Expect

- \* The test will take approximately 20 - 30 minutes.
- \* You will be asked several questions about your medical history.
- \* We will be weighing you on a medical grade scale that uses electrical resistance to determine bodyfat. If you have a pacemaker or other implanted electronic device, you will not be able to participate in this portion of the test.
- \* During the Metabolic Testing phase, you will be breathing through a device which resembles the mouthpiece of a snorkle. You will also have a stopper over your nose so you only breath through your mouth and the mouthpiece. This portion of the test takes approximately 10-12 minutes.
- \* You have the option or receiving your results via email, printed or both. We will go over your results at a later time once the test is completed.