

RMR PRE-TEST REQUIREMENTS

To ensure your Resting Metabolic Rate (RMR) test results are accurate and reflect your true baseline, you **must** adhere to the following preparation guidelines.

Preparation Timeline

12 Hours Before: No Vigorous Exercise

Avoid heavy lifting, intense cardio, or HIIT. This prevents "afterburn" (EPOC) from artificially inflating your caloric expenditure results.

5 Hours Before: Strict Fasting

Do **NOT** consume food, snacks, or caloric beverages. This ensures your body is not actively digesting, which requires extra energy.

5 Hours Before: No Caffeine

Avoid coffee, tea, soda, or energy drinks. Caffeine is a stimulant that chemically accelerates your heart rate and metabolism.

2 Hours Before: No Nicotine

Refrain from using vapes, cigarettes, or nicotine pouches. Nicotine acts as an immediate stimulant that can skew the data.

Final Checklist

Water: Plain, unflavored water is permitted and encouraged during your 5-hour fast.

Rest: Ensure you are well-rested; a lack of sleep can negatively impact metabolic accuracy.

Arrival: Arrive 10–15 minutes early to sit quietly and allow your heart rate to reach a true resting state before the test starts.
