

PRE-TEST INFORMATION

Resting Energy Profile

This profile measures resting metabolic rate (RMR). Please follow this preparation guidance so your resting measurement reflects your usual condition. Your appointment date and time are in your booking confirmation.

Food

8-12 hours fasted preferred; 4-5 hours also adequate

Water

Stay well hydrated

Exercise

No training before your test that day

01 Exercise and activity

- Avoid intense exercise or long-duration moderate activity in the **24 hours before the test**. Arrive well rested.
- **Do not train before your assessment on the test day**. If you need a session that day, schedule it for afterwards.

02 Food, water and caffeine

- Eat your **normal diet** in the days before testing. Avoid unusual carbohydrate-loading or increases in fat intake.
- Ideally arrive after an **overnight fast of 8-12 hours**. A **4-5 hour fast** is also acceptable. Refrain from food, but not water.
- Arrive **well hydrated** and avoid caffeinated drinks, including tea, coffee and caffeinated soft drinks.
- For repeat testing, record what you eat in the **24-48 hours before the assessment** and keep that record to help repeat the same preparation.

03 What to expect

Allow about **45 minutes**, with the measurement lasting **no more than 30 minutes**. You simply relax while a snug-fitting face mask measures the air you breathe out. The mask can feel slightly uncomfortable and may leave temporary marks, usually for no more than about 30 minutes.

04 What to wear

Wear clothing you feel comfortable relaxing in. Loose-fitting clothing is usually best.

Your appointment location

Your assessment takes place in a professional laboratory.

The exact location, availability and arrival instructions are confirmed personally before you book or pay.

Questions or difficulty with fasting? Please email me before your appointment.