

Resting Metabolic Testing

The team at [company name here] are very pleased to now be able to offer you leading edge portable VO2 testing for your personalized fitness journey!

- Resting Metabolic Rate (RMR)
- Weight Management Planning
- Resting Heart Rate Variability



Why would I do this type of testing?

VO2 active and resting tests provide invaluable specific insights into your cardiovascular **fitness** and **longevity** – and we can help you use those numbers by creating a training program **specific for your goals** whether you're just starting out, a long-term fitness enthusiast or a competitive athlete.

RMR testing will help you understand your **baseline metabolism**. This is the number of calories your body burns to maintain basic physiological functions while at rest. This information is valuable to you in a number of ways:

1. helps you know how many calories you need to consume to lose, gain or maintain your current weight.
2. helps with dietary planning

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