

## Why is measuring resting metabolic rate important?

Losing or maintaining weight can be a difficult task. Even with the best exercise programs, weight loss may not be achieved if your energy intake is equal to or in excess of your output. For the most optimal weight management programs, a clear understanding of your energy needs is essential.

Measuring your resting metabolic rate (RMR) gives you the advantage of knowing your daily kilojoule needs and when combined with healthy eating and an exercise program, RMR gives you a scientific edge to maintaining a healthy weight. Exercise and diet modification can increase your RMR so the test can also be used to assess the effectiveness of your lifestyle changes.

## Procedure

The measurement of RMR is simple and safe. Prior to your measurement, you will be asked to abstain from eating for 6 hours, to ensure a stable metabolic state. After resting for 20 minutes in our laboratory facilities, we will collect 15 minutes of your exhaled breath, which will be used to calculate your RMR. Shortly after completing the test, you will receive a report outlining the minimum daily energy requirement.

## State of the Art Facility and Equipment

At the Vario Wellness Clinic we have state of the art equipment with testing capabilities including

- DEXA bone density and body composition scans
- Neurocom Balance Testing
- Cardiovascular/stress Testing
- ECG stress Testing
- VO2 Max Fitness Test
- Resting Metabolic Testing
- Functional Work Capacity Testing
- Lung Function Testing
- Strength Testing

## To make an appointment or find out about our costs, please contact:

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