

# ONE 2 ONE

## FITNESS

### Pre Assessment Instructions

#### RMR-Resting Metabolic Rate

- Do not eat for 12 hours prior to assessment
- Do not work out 24 hours before the assessment
- Get a good nights sleep
- No alcohol 24 hours before the assessment
- On test day, avoid smoking, drinking alcohol, tea, coffee; and taking any substances that are known to affect or may be suspects of affecting human physiological functions.
- Do not use mouth wash before the test



You will be relaxing (but not sleeping) for 10 -15 minutes. Your only job is to breathe thru your mouth. You will be wearing a mask connected to machine that measures both oxygen and carbon-dioxide. The RMR is a key factor in weight loss and weight gain problems. Without it, the margin of error between weight gain and weight loss is incredibly narrow.