

TOTAL HEALTH SYSTEMS

Multi-Specialty Clinic

Chiropractic • Medical • Physical Therapy • Massage Therapy • Nutrition

Clinton Township • (586) 228-0270 ♦ Chesterfield • (586) 949-0123
TotalHealthSystems.com

Pre Assessment Instructions

EMR-Exercise Metabolic Rate

- Do not workout 24 hours before the assessment
- Do not eat within 3 hours of the assessment
- 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.
- Please wear appropriate workout clothes and shoes.

You will be able to chose if you perform your exercise on a treadmill, bike or elliptical. The exercise will gradually get more difficult.

Typically a EMR assessment takes between 8 and 15 minutes. Total appointment time is about an hour.

After completing the test a cardiovascular training program will be put together for you. You will need a heart rate monitor to follow the cardio program. Your trainer will make recommendations for a heart monitor if you do not already have one.