Resting Metabolic Rate

What is Resting Metabolic Rate (RMR)?

Metabolism, quite simply, is the conversion of food to energy.

Metabolic rate is a measure of how much food, or fat, is converted to energy in a day. Resting metabolic rate (RMR) is the measurement of how much food, or energy, is required to maintain basic body functions such as heartbeat, breathing, and maintenance of body heat while you are in a state of rest. That energy is expressed in calories per day. So an RMR measurement shows how many calories you burn at rest, doing nothing more than sitting in a chair.

Effective Physician Weight Loss Consult

- Sets caloric requirements
- Motivates patients
- Unique and informative printout to aid teaching
- Error rate ±46 calories
- Covered completely or partially by most health insurances

Our highly advanced equipment measures the oxygen that the body consumes. Using this measurement it calculates a patient's Resting Energy Expenditure (REE), commonly referred to as a Resting Metabolic Rate (RMR). Physicians can screen for abnormally low metabolic rates, teach energy balance, and pinpoint the precise caloric intake required for weight loss. Applications include obesity treatment, as well as treating obesity related diseases such as diabetes, dysmetabolic syndrome X, hypothyroidism, hyperthyroidism, hypertension, cardiovascular disease, and sleep apnea.

Frequently Asked Questions (FAQ):

How long does the test take?
The test takes approximately 10 minutes.

What do I need to do during the test?
All you need to do is to sit in a comfortable recliner chair and breath through the disposable mouth piece and tube connected to our device with your lips sealed around the mouth piece while wearing a nose clamp.

Can I have the test done at any time?
The test needs to be fasting. You should not have had anything to eat or drink for at least 4 hours prior to the test. You should have had a relatively limited physical activity for 3-4 hours prior to your test (Exercising prior to the test can affect the results of your test.).

If I have been fasting for four hours, can I have the test done at the same time as my visit with the providers at your clinic? Some insurances do not cover the Resting Metabolic Test if performed at the same time as a visit a medical provider. To avoid denial of coverage we encourage you to schedule your test for a separate date.