# WHAT IS YOUR RMR?

**Your RMR is the number of calories your body burns at rest.**

***It's your body's baseline energy needs.***

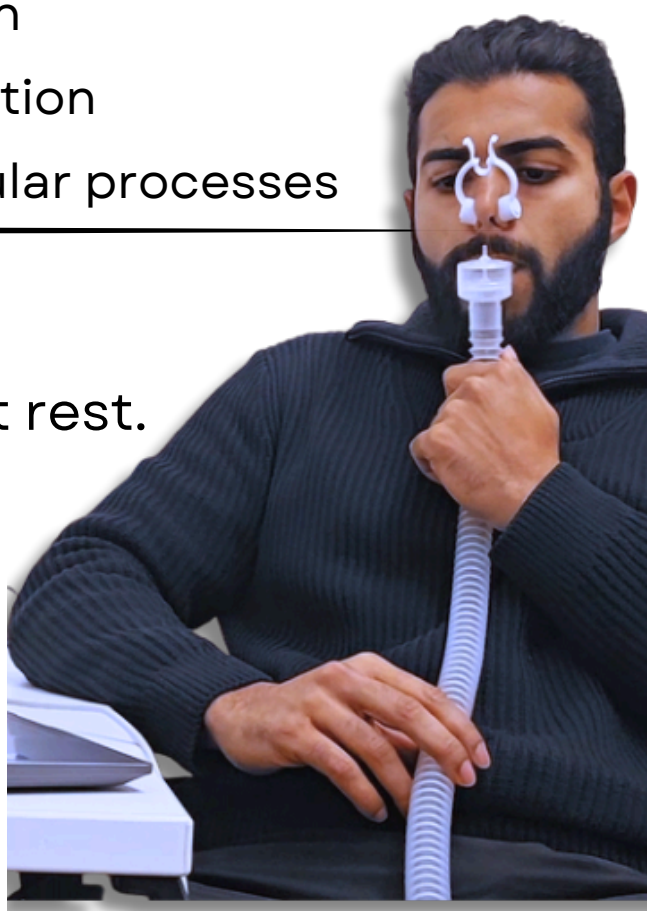
Resting Metabolic Rate (RMR) tells us how much energy your body needs to function at baseline. RMR typically accounts for 60–75% of your daily calorie burn.

*Your body uses energy for:*

- Breathing
- Circulation
- Brain function
- Basic cellular processes

## The higher your RMR:

- The more calories you burn at rest.
- The easier it is to maintain or lose weight.
- The more metabolically active your body is.



# HOW TO THINK ABOUT RMR

## Think of RMR Like Your Engine

- That ‘idle speed’ is your metabolism – how your body converts food into usable energy to keep you alive.
- Your RMR is the amount of that energy your body uses at rest.

*Higher idle → burns more energy even at rest*

*Lower idle → burns less energy at rest*

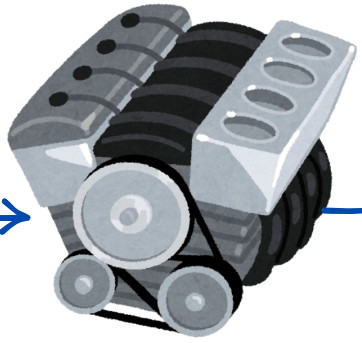
***Metabolism** is how your body converts food into usable energy to keep you alive.*

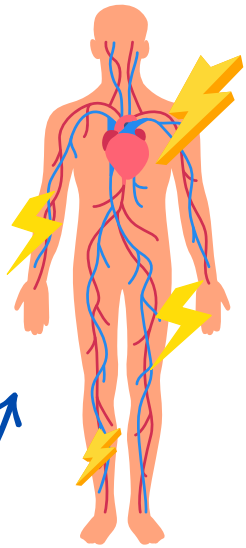
*Your **RMR** is the amount of that energy your body uses at rest to run basic functions.*



**1 ENERGY IN (CALORIES)**

**2 YOUR METABOLISM (RMR)**





**3 ENERGY USED TO FUNCTION**

# WHAT AFFECTS YOUR RMR

## 1) MUSCLE MASS (Biggest Factor)

*More muscle → higher RMR*

*Less muscle → lower RMR*

**Muscle is metabolically expensive.**
It requires more energy to maintain, even at rest.

## 2) BODY SIZE

*Larger bodies → higher RMR*

More total tissue **= more energy required to sustain it**

## 3) AGE

RMR tends to decrease with age because of loss of muscle mass and changes in activity levels.

## 4) HORMONES

Hormones, including thyroid function, testosterone and estrogen, and stress hormones, play key roles in regulating how much energy your body uses and how efficiently.

## 5) DIETING HISTORY

Repeated dieting can lower your RMR over time as your body adapts by conserving energy when calorie intake is consistently low.

# HOW TO PREPARE FOR YOUR TEST

## THE DAY BEFORE

- Avoid intense exercise
- Eat normally (don’t restrict or binge)
- Get a full night of sleep

## THE DAY OF YOUR TEST

- **Fasting (IMPORTANT):**

  *No food for 10-12 hours before testing*

- Drink water, but don’t overdo it
- No caffeine before the test
- No exercise before testing
- Minimize movement before arrival
- Wear comfortable clothing
- You will be lying still during the test

## WHY IT MATTERS

*Any stimulation (food, movement, caffeine) will artificially raise your metabolism and skew results.*

# DURING THE TEST

## WHAT TO EXPECT DURING THE TEST

- You will lie down and remain still
- You will wear a mask to measure oxygen use
- You will breathe normally
- The room will be quiet and relaxed

## HOW LONG DOES IT TAKE

- Total appointment: ~45 minutes
- Setup + calibration: 5 minutes
- Actual test: 10–15 minutes
- Interpretation: 10-15 minutes

## FINAL POINTS

- Try not  to talk or move during the test
- Try to relax and breathe naturally
- This is a resting test:

  *The goal is to be as calm and still as possible.*
- The more relaxed you are, the more accurate your results will be.

*Please ask any questions you may have! :)*