

# Resting Metabolic Rate (RMR)



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The team at [company name here] are very pleased to now be able to offer you leading edge portable VO2 testing for your personalized fitness journey!

## Why would I do this type of testing?

VO2 active and resting tests provide invaluable specific insights into your cardiovascular **fitness** and **longevity** – and we can help you use those numbers by creating a training program **specific for your goals** whether you're just starting out, a long-term fitness enthusiast or a competitive athlete.

RMR testing will help you understand your baseline metabolism. This is the number of calories your body burns to maintain basic physiological functions while at rest. This information is valuable to you in a number of ways:

1. helps you know how many calories you need to consume to lose, gain or maintain your current weight.
2. helps with dietary planning



- Resting Metabolic Rate (RMR)
- Weight Management Planning
- Resting Heart Rate Variability