



Resting Metabolic Rate (RMR) Testing Preparation

Resting Metabolic Rate (RMR) testing requires minimal preparation.

1. Do not eat or drink anything for at least six hours prior to your test.
2. Avoid exercising on the day of your test. After your test is OK.
3. Avoid using stimulants such as caffeine on the day of your test. (Recommend only water)
4. Recommend performing the test in the morning.

Recommended Clothing

MEN – Form-fitting speedo® or Lycra® / spandex-type swimsuit, or single-layer compression shorts (without padding).

WOMEN - Form-fitting speedo® or Lycra® / spandex-type swimsuit, or single-layer compression shorts and sports bra (without padding or wires).

A swim cap is required for all testers and will be provided by The HIT Center.

**A changing area is available in our facility and is located near the BOD POD testing area.*

What to Expect

Once you have dressed in your proper attire:

1. Your height will be measured.
2. Your mass will be measured by the BOD POD precisely calibrated scale.
3. You will then sit in the BOD POD where your composition will be measured. While inside the BOD POD you will experience a pressure change equivalent to riding an elevator from the 1st floor to the 2nd. All you have to worry about is sitting still and breathing easily.
4. Your test will be completed in just under three minutes.

Reviewing Your Results

The HIT Center's HIT Fit Specialist will review and explain your results and answer any questions you may have.

Your results will include:

1. Certified Body Weight
2. Total body fat mass, lean body mass, and corresponding percentages of your total mass
3. Resting Metabolic Rate (RMR)
4. Total Energy Expenditure (TEE)