

## Client Instruction Sheet - RMR Assessment

### Before the Test

- You will be given specific instructions for how to prepare for the test, including:
  - Dress comfortably in loose fitting clothing.
  - Fast overnight. Don't eat or drink (except water) for at least 12 hours.
  - Don't engage in any strenuous exercise the day before the test (don't work out for more than 60 minutes) and avoid physical activity as much as possible on the morning of the test (don't work out at all).
  - If you take insulin, do not take your morning dose until after your test. Take all other medications as usual. Bring all your medications with you to the test.
- You will be asked to read and sign an Informed Consent that explains the purpose, benefits, and risks associated with the test.
- The fitness professional administering the test will explain the test procedures to you in detail and you may ask questions.
- The fitness professional will measure your height, weight, and waist circumference.
- You will place the breathing mask over your nose and mouth and breath normally for a few minutes to become familiar with the process. You will need to breathe through your mouth only.

### During the Test

- The test is conducted in a quiet, dimly lighted room. You will lie down or recline in a comfortable position for about 30 minutes.
- You will wear the breathing mask and breath normally. The air you breath will be the air present in the room you are in. Tubes from the facemask are connected to the VO2 P.A.S., which will analyze the air that is exhaled.
- Try to relax as much as possible, but don't fall asleep. Lie still and don't fidget or look around. Don't sit up and don't talk unless you are experiencing problems.

### After the Test

- You will remove the mask. Your mask becomes your personal property and can be used again for repeat RMR tests.
- You will be provided with a written report.
- You should plan to have a snack or breakfast after the test.