

METABOLIC RESULTS



bodymeasure



Estimates for exercise and lifestyle. During the consult your specific exercise and movement plan is factored in.

Exercise
+ 184 Cals
(Estimated from Measurement)

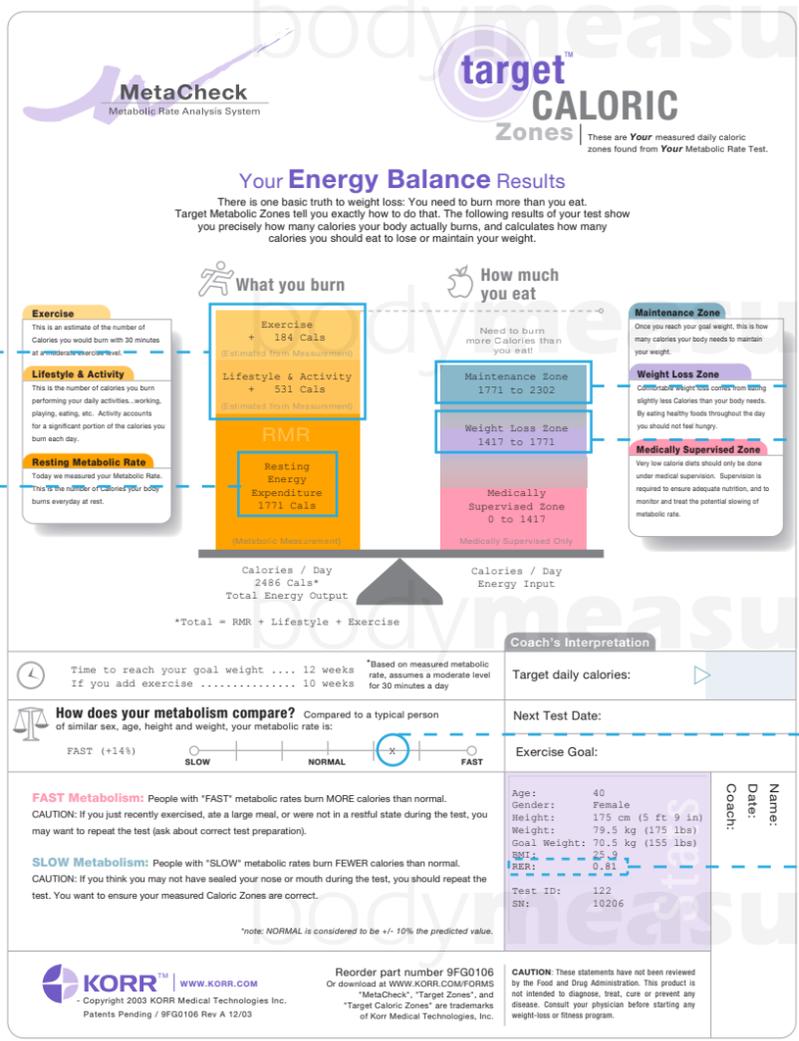
Lifestyle & Activity
+ 531 Cals
(Estimated from Measurement)



Resting Metabolic Rate. The total calories your body burns every day at rest.

RMR

Resting Energy Expenditure
1771 Cals
(Metabolic Measurement)



Calorie zone for maintenance

Maintenance Zone
1771 to 2302



Calorie zone for weight loss

Weight Loss Zone
1417 to 1771



Your metabolism compared to others.

How does your metabolism compare? Compared to a typical person of similar sex, age, height and weight, your metabolic rate is:

FAST (+14%) SLOW NORMAL FAST



Respiratory Exchange Ratio (If you are burning sugar or fat).

Age: 40
Gender: Female
Height: 175 cm (5 ft 9 in)
Weight: 79.5 kg (175 lbs)
Goal Weight: 70.5 kg (155 lbs)
BMI: 25.9
RER: 0.81
Test ID: 122
SN: 10206