

METABOLIC RESULTS



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

Exercise
+ 184 Cals
(Estimated from Measurement)

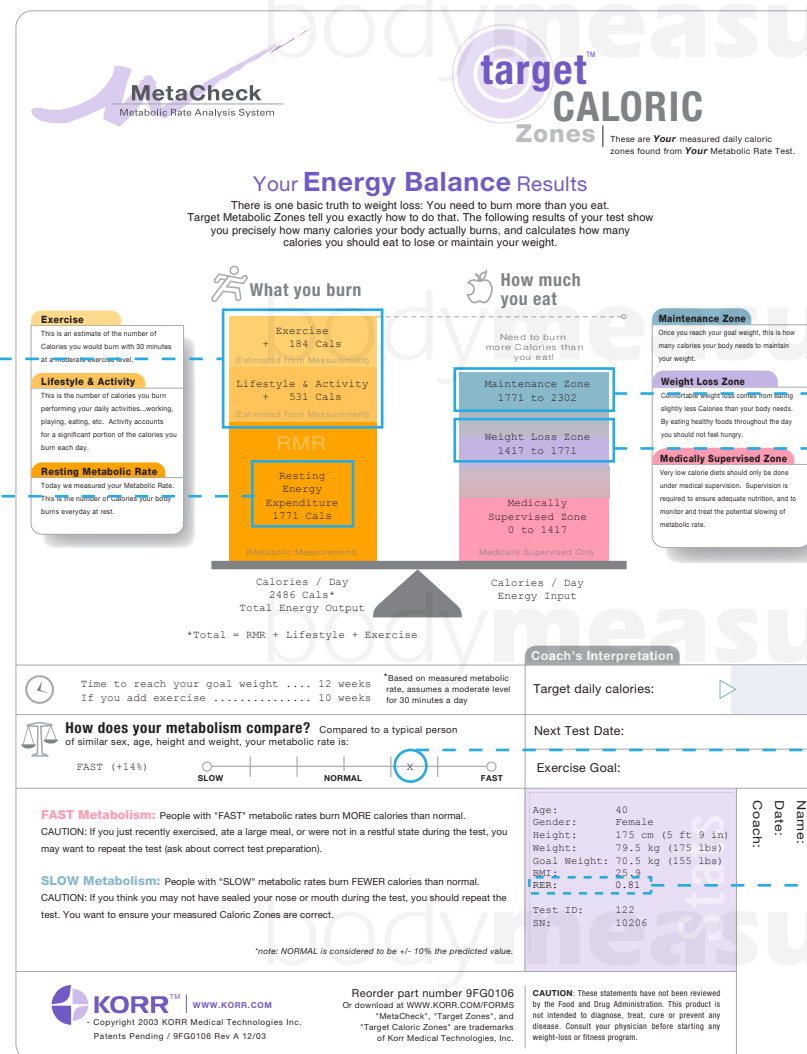
Lifestyle & Activity
+ 531 Cals
(Estimated from Measurement)



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