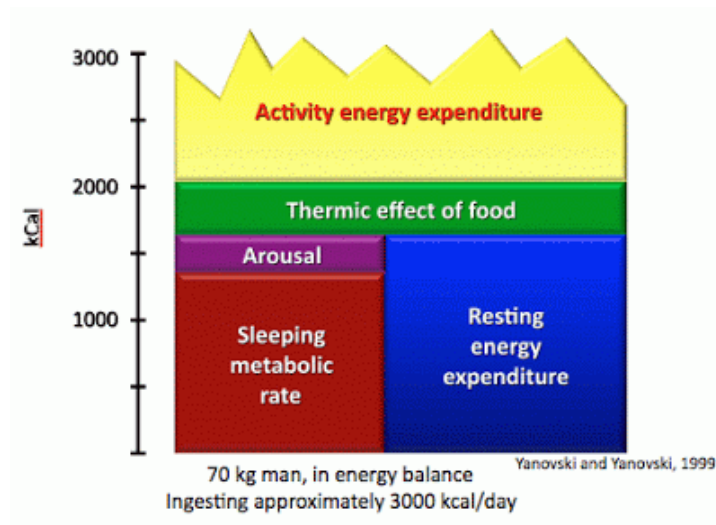


## ***Resting Energy Expenditure Pre-Test Instructions***



Your Resting Energy Expenditure Appointment is scheduled for: \_\_\_\_\_

### **About the test:**

You will lie in a comfortable, resting position for approximately 30 minutes in a quiet dark room. While wearing a specialized mask covering the mouth and nose, expired air will be collected and analyzed. An exercise physiologist will carefully monitor data collection.

The test will provide detailed information about the number of calories your body uses each day at rest and the mixture of foods used as fuel during rest. This information is extremely valuable for planning an individualized weight management program or checking the effectiveness of an exercise/training program.

Please follow these pre-test instructions to ensure an accurate assessment of resting energy/caloric expenditure

- Avoid exercising for at least **4** hours prior to testing
- Do not eat for at least **5** hours prior to testing (overnight fasting is best)
- Avoid nicotine, caffeine, and stimulatory nutritional supplements for at least **4** hours prior to testing
- Wear comfortable, non-binding clothing
- Take medications as prescribed