

Preparing for Your REEVUE® Metabolic Rate Testing

Your REEVUE® Metabolic Rate Test will determine your body composition, minimal daily calories needed, and your true resting metabolic rate (RMR). This information will be important in assisting in diagnosing the status of your Metabolic Health.

Several activities can alter the measures of your body composition and resting metabolic rate. ***If anything listed is unclear, please call us so that we can clarify it for you.***

Before your Test AVOID the following:

- ❑ DO NOT eat for 4 hours before coming to the office for your testing.
- ❑ DO NOT eat a meal heavy in protein (meat, fish, chicken, eggs, dairy) for 12 hours before. Protein increases your metabolic rate, eating carbohydrates raises your metabolic rate less than protein, and eating fats raises it less than carbohydrates. For foods eaten between 12 and 4 hours before coming to the office, choose fatty foods over carbohydrate foods, and carbohydrates over protein foods.
- ❑ DO NOT Exercise for 4 hours before coming to the clinic or any activity that raises your heart rate such as walking briskly on a flat surface or up stairs. When you walk up stairs, do so leisurely.
- ❑ DO NOT drink alcohol for 24 hours before coming for your test. Alcohol is dehydrating, and your percentage body fat could be artificially higher at the time of the test
- ❑ DO NOT smoke one for at least 1 hour before coming for your test.
- ❑ DO NOT take any over-the-counter drugs the morning that you come to the office for your test.
- ❑ DO NOT take caffeine or eat caffeine-containing foods such as chocolate 4 hours before the test.
- ❑ DO NOT take any herbal or nutritional supplements for 4 hours before coming to the office for your test.
- ❑ DO NOT allow yourself to get cold. If the weather is cold on the morning of your appointment at the clinic, *please make arrangements to stay warm*. If your skin gets chilled, muscles will tighten to generate heat, and this will increase your metabolic rate.

Before your Test, Activities you must do:

- ❑ Drink 2-3 eight (8) ounce glasses of water before coming to the office for your test.
- ❑ Relax. Before the test, avoid stressful situations as much as possible. During the test, it's important that you RELAX. Being tense can increase your metabolic rate.

Summary Table

Activity to Avoid	Hours <u>Before</u> the Test
No Eating	4
No Eating a meal heavy in Protein	12
No Exercise	4
No Alcohol consumption	24
No Smoking cigarettes	1
No Over the counter drugs	8
No Caffeine	4
No Herbal or Nutritional Supplements	4