



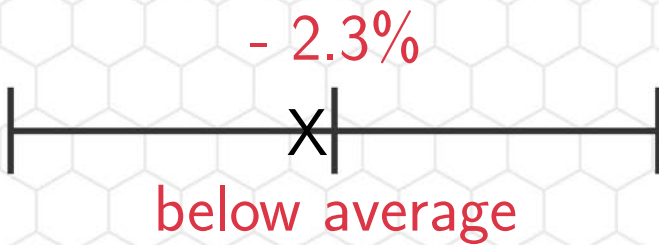
BODY•SPEC

RESTING METABOLIC RATE (RMR) REPORT

Questions about your report?
310.601.8184
support@bodyspec.com
www.bodyspec.com

Name: BodySpec Client
Height: 5' 7", Weight: 168 lbs
Age: 32.2 years, Gender: Female

How does your RMR compare?



Your RMR is **1469**

This is the number of calories your body requires if you were to lay in bed at rest for an entire day.

This chart illustrates how your measured RMR compares to your predicted RMR (using Mifflin St-Jeor)

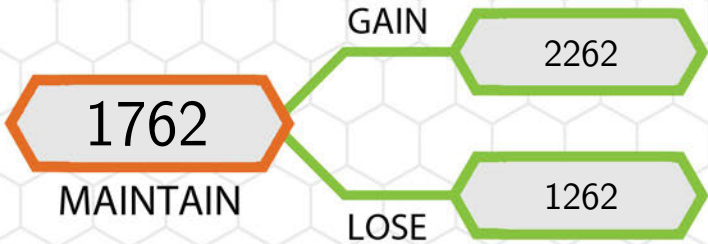
How to use your RMR



Lifestyle Factor		
Sedentary	.20	Desk job
Light Activity	.375	On your feet frequently, brief periods of walking (i.e. doctor)
Moderate Activity	.55	Busy lifestyle that requires you to walk frequently for long periods (i.e. waitress)
Very Active	.725	Labor intensive occupations (i.e. construction, landscape)
Extra Active	.90	Daily work requires intensive physical labor

4. Total Daily Energy Expenditure (TDEE)

Your TDEE is the amount of calories your body requires in a 24 hour period, factoring in sleep, work, life-style, and exercise.



This amount varies slightly depending on the training modality, and it assumes a 500 daily caloric surplus

This amount assumes a 1-2 pound/week weight loss, and it assumes a 500 daily caloric deficit



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What's a good RMR?

There is no such thing as a "good" RMR value, as it's a measurement unique to your body. However, some people may be interested in increasing their RMR to burn more calories per day.

Can I increase RMR?

Building muscle is most effective long term. For smaller impacts:

- Move often
- More whole (vs processed) foods
- Eat enough and frequently
- Interval training
- Spend time being cold
- Caffeine

What is RMR vs. BMR?

Both tests rely on indirect calorimetry. The protocol for basal metabolic rate testing is much more restrictive.

Measurements are taken in a dark room after 12 hours of fasting and 8 hours of sleep.

Factors that contribute to RMR

Body Size

In general, higher total body mass requires additional calories to maintain

Body Composition

Muscle mass requires more calories to maintain compared to fat mass

Gender

Men tend to have higher RMR, muscle mass, and lower body fat percentages compared to women

Age

Metabolic slowdown and muscle loss occur naturally with age

Environment

Very hot or very cold rooms force the body to work harder to maintain its normal temperature

Estimating Calories Used (1 Hour)*

Weight	125 lbs	155 lbs	185 lbs
Walking (3.5 mph)	240	298	356
Running (5.0 mph)	480	696	760
Yoga	240	298	356
HIIT	480	696	760
Weightlifting	180	224	266

When to test again?

As a general rule, re-test if you experience significant change (+/- 10% or more) in weight or body composition. This is because your body's caloric needs may have changed considerably.

Want to build muscle?

Get a baseline of your body composition with a DEXA scan. Measure fat tissue, lean tissue, and bone density in only 10 min.

BodySpec offers DEXA scans starting at \$39.95.

Want accountability?

BodySpec memberships keep you on track while offering the lowest pricing for our services.

For more information, check out: bodyspec.com/memberships

*<https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>