

# Your next Metabolic Test is scheduled for



## Preparing for the Test

It is desirable to measure your metabolic rate at a true resting level. To ensure you are at rest, we recommend the following preparation:

1. You should avoid eating a meal 4 hours before the test.
2. Avoid exercising on the day of your test.
3. If possible, avoid the use of stimulants such as caffeine on the day of the test.

## During The Breath Test

During the test you will be invited to recline in a comfortable position. You will be given a mouth-piece or a mask to breathe into. You will be breathing in air from the room, but the gas that you breathe out will go into the metabolic analyzer to measure your metabolic rate.

1. Relax and close your eyes during the test. You deserve a break – enjoy it!
2. Keep lips sealed lightly around the mouthpiece. It is important that all the air you breathe out is analyzed.
3. In just a few minutes, your metabolic rate will be measured, and those results will be used to calculate your Target Caloric Zones. These Zones will be printed out in an easy to understand format that will outline for you just how to use your metabolism to help you lose weight.



***That's it! Before you know it, you'll be on the road to comfortable, permanent weight loss.***