



Resting Metabolic Rate

Total Cost: \$100

Service Duration: 30–45 minutes **Frequency:** Every 3–6 months for optimal tracking

Includes: RMR test and CoreMetric Metabolic Report

1. Overview

Your **Resting Metabolic Rate (RMR) Test** is one of the most powerful tools in the VitalitySync CoreMetric system. This science-backed assessment measures the exact number of calories your body burns at rest — revealing how efficiently your **metabolism** functions and how much energy your body requires to sustain life.

By analyzing your oxygen consumption and carbon dioxide output, we're able to calculate your unique metabolic fingerprint. Whether your goal is **fat loss, muscle gain, or enhanced vitality**, your RMR results give you the precise data needed to personalize your nutrition, training, and recovery strategies.

2. What You'll Learn

- **Your True Caloric Baseline** — Know exactly how many calories your body burns each day at rest, no more guessing or generic calculators.
 - **Metabolic Speed & Efficiency** — Identify whether your metabolism is fast, normal, or slow, and uncover potential causes of energy imbalance.
 - **Calorie Targets for Your Goals** — Receive tailored calorie ranges for fat loss, maintenance, and muscle gain based on your individual physiology.
 - **Macronutrient Blueprint** — Understand how to balance protein, carbs, and fats to fuel your body's unique energy demands.
 - **Metabolic Adaptation Tracking** — Re-test every 8–12 weeks to monitor changes and detect early signs of metabolic slowdown or improvement.
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3. Why It Matters for Longevity

Your metabolism is more than a calorie counter — it's a direct reflection of **cellular health** and energy efficiency. A strong and balanced metabolism supports:

- Improved body composition
- Stable energy levels
- Better recovery from exercise
- Enhanced hormone and thyroid health
- Greater resistance to age-related decline

At VitalitySync, your RMR data integrates seamlessly with your CoreMetric testing suite — giving you a complete picture of your body's longevity potential.

4. Ideal For

- Individuals seeking **precise nutrition and calorie guidance**
- Clients overcoming **weight plateaus or metabolic challenges**
- Anyone committed to long-term **vitality and longevity optimization**

Data-driven fitness for a longer, stronger life.