

Client Instruction Sheet – RMR Assessment

Before the Test

- You will be given specific instructions for how to prepare for the test, including:
 - Dress comfortably in loose fitting clothing.
 - Fast overnight. Don't eat or drink (except water) for at least 12 hours.
 - Don't engage in any strenuous exercise the day before the test (don't work out for more than 60 minutes) and avoid physical activity on the morning of the test (don't work out at all).
- You will be asked to read and sign an Informed Consent that explains the purpose, benefits, and risks associated with the test.
- The fitness professional administering the test will explain the test procedures to you in detail and you may ask questions.
- The fitness professional may measure your height and weight.
- You will place the breathing mask over your nose and mouth and breathe normally for a few minutes to become familiar with the process.

During the Test

- The test is conducted in a quiet, dimly lighted room. You will lie down or recline in a comfortable position for about 30 minutes.
- You will wear the breathing mask and breathe normally. The air you breathe will be the air present in the room you are in. Tubes from the facemask are connected to the VO₂ P.A.S. which will analyze the air that is exhaled.
- Try to relax as much as possible, but don't fall asleep. Lie still and don't fidget or look around. Don't sit up and don't talk unless you are experiencing problems. A bell will be provided for you to alert the staff of any urgent needs.

After the Test

- You will remove the mask. Your mask becomes your personal property and can be used again for repeat RMR tests.
- You will be provided with a written report.
- You should plan to have a snack or breakfast after the test.