

## **INSTRUCTION SHEET**

### **Exercise Metabolic Assessment (Vo2 Peak)**

#### **Scheduling the Test**

- The Exercise Assessment or the VO2 Peak Assessment will require an hour appointment but the actual test should take around 20-30 minutes. If you are taking beta-blockers, you should schedule the test at the time of the day that you typically exercise, if possible. You should also schedule your appointment according to the requirements listed below.

#### **Before The Test**

*Clothing/Gear:* Tests are conducted on a treadmill or on a bicycle. Cyclists will have their own bikes hooked up to a CompuTrainer. **Please wear the same clothing that you would typically wear while running or cycling.** A heart rate monitor (chest strap type) will be used during the test. Women should try to wear a sports bra and avoid underwire clothing.

*Bring to Test:* You will also need to bring a bottle of water. A towel will be provided. You may bring your testing clothing and change at our facility. We also suggest that you bring a post-test snack that contains protein, carbs, and low in fat. An energy bar would be ideal.

#### *Dos and Don't's:*

- **Don't eat or drink (except water) or use tobacco for at least three hours prior to the test.**
- If you take insulin and your fitness test is scheduled in the morning after a 12 hour fast, wait until after the fitness test to take your insulin. Take all other medications as usual. Bring all your medications with you to the test.
- Avoid physical activity as much as possible on the day of the test (don't workout before the test). For a maximal fitness test, **do not perform any strenuous exercise on the day before the test.**

#### *What to Expect:*

- You will be asked to read and sign an Informed Consent that explains the purpose, benefits, and risks associated with the test. You will be given an opportunity to ask questions.
- You will complete a brief health history survey to help determine if it is acceptably safe for you to be tested.
- The fitness professional who is administering your test will explain the test procedure to you in detail, including how to communicate during the test.

#### **During the Test**

- A comfortable breathing mask will be placed over your mouth and nose. The air you breathe will be the air present in the room. You will need to breathe through your mouth only. Tubes from the facemask are connected to the VO2 P.A.S. which will analyze the air that is exhaled while you exercise.
- You will begin walking or pedaling at a predetermined intensity or speed.
- If a multiple stage test is used, the technician will monitor the time in each stage, take your heart rate, and adjust the workload as you progress through the test.

#### **After the Test**

- You will remove the mask. Your mask becomes your personal property and can be used again for repeat follow-up assessments (Exercise and RMR).
- Upon completion of the test, you will take a few moments to drink water, eat your snack, or change clothes if you prefer. Meantime, the technician will print out your reports. You will then sit down and go over what the reports indicate. From this report you will know your heart rate training zones and how your body utilizes fuel during exercise (fat burning vs. carbohydrate burning).
- If you wish to utilize the data as part of a managed wellness or performance program, the technician will refer you to the appropriate professional.
- If you are having a Resting Metabolic Rate Assessment conducted, you should schedule the appointment after your Exercise Assessment.

#### **Follow-up Testing**

- After you receive your report, you will know what type of exercise (intensity) is needed to meet your objective(s) (whether your objective is fat burning or improved performance). In order to monitor your progress, it is recommended that you have a follow-up assessment in 2-4 months.

## **INSTRUCTION SHEET**

### **Resting Metabolic Rate Assessment**

#### **Scheduling the Test**

- The Resting Metabolic Rate Assessment will require an hour long appointment but the actual test will last approximately 20-30 minutes. If you take insulin, do not take your morning dose until after your test. Take all other medications as usual. Bring all your medications with you to the test. You should schedule your appointment according to the "Before the Test" requirements listed below.

#### **Before the Test**

- Dress comfortably in loose fitting clothing.
- Fast overnight. Don't **eat or drink (except water) for at least 12 hours prior.**
- **Don't engage in any strenuous exercise the day before the test or the day of the test.**
- You will be asked to read and sign an Informed Consent that explains the purpose, benefits, and risks associated with the test.

#### **During the Test**

- The test is conducted in a quiet, dimly lighted room. You will recline in a comfortable position for about 30 minutes.
- A comfortable breathing mask will be placed over your mouth and nose. The air you breathe will be the air present in the room. You will need to breathe through your mouth only. Tubes from the facemask are connected to the VO2 P.A.S. which will analyze the air that is exhaled while you rest.
- 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.

#### **After the Test**

- You will remove the mask. Your mask becomes your personal property and can be used again for repeat follow-up assessments (Exercise and RMR).
- You will take a few moments to drink water, eat your snack, or change clothes if you prefer. Meantime, the technician will print out your reports. You will then sit down and go over what the reports indicate. From this report you will know your daily calorie expenditure and what increases or decreases in caloric intake are necessary to achieve your goals.
- If you wish to utilize the data as part of a managed wellness or performance program, the technician will refer you to the appropriate professional.
- If you are having an Exercise Assessment conducted, you should schedule the appointment after your RMR.

#### **Follow-up Tests**

- In order to monitor your progress (e.g. increasing your resting metabolic rate), it is recommended that you have a follow-up assessment in 2-4 months.