



GreenCuisine

Eat well. Be well.

BodyGem Metabolic Testing

What is Metabolism?

Metabolism is the body's process of converting food and stored fat into energy. This energy is used to stay warm, move around, and keep vital organs functioning. Metabolism is typically measured in calories.

Total Metabolic Rate represents the calories needed to maintain body functions, daily activity (occupational and lifestyle), and calories.

What is RMR?

Resting Metabolic Rate (RMR) represents the calories the body burns to maintain vital body functions (such as heart rate, brain functions, and breathing). In simple terms, it is the number of calories a person would burn if they were awake but at rest all day. RMR represents 80% of a person's **total** metabolism.

Why should I measure my RMR?

Metabolism is impacted by unique characteristics such as gender, age, weight, body composition (amount of muscle versus fat), level of fitness, physical activity, eating, stimulants, emotions, stress, and gaining and losing weight. **The knowledge of RMR is important in managing caloric needs.** Essentially, knowing how many calories you need can be helpful in a variety of ways: eating disorders, difficulty with weight loss, sports nutrition. Traditionally, it has been difficult and expensive to accurately measure RMR so people have used estimates, which are often very inaccurate.

Why is RMR unique to each individual and why would it change?

RMR is influenced by a number of factors, including:

- Body weight
- Body composition
- Age
- Gender
- Hormones
- Nutritional supplements, especially those containing Ephedra/ephedrine
- Nicotine
- Caffeine
- Medications
- Fever and/or infection
- Stress/emotional excitement
- Exercise
- Weight loss and Calorie restriction

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