

Preparation for Testing

Testing includes: one or more of the following: A graded exercise test with a gas analyzer on a treadmill or recumbent bike, 3D body scan, and a gas analyzer metabolic test. (2 hrs to complete all tests)

- Arrive 15 mins prior to testing - Read and Sign all forms.
- Ask questions or voice concerns before testing

Cardiorespiratory Exercise Test (V02 Max)

- Fast 4 hrs prior to testing (No coffee or stimulants - water is ok)
- Avoid OTC Cold medications (Continue with Prescribed Meds)
- Do not exercise 24 hrs before testing
- Wear Exercise Cloths for V02 Testing (Wear comfortable shoes)

Resting Metabolic Testing (RMR)

- Fast 4 hrs prior to testing (No coffee or stimulants - water is ok)
- No exercise 24 hrs prior to testing

3D Body Composition Scan

- Wear very tight fitting cloths for 3D Scan - It is measuring your body exactly
- Tie up your hair for 3D Scan

Preparation for Testing

Testing includes: one or more of the following: A graded exercise test with a gas analyzer on a treadmill or recumbent bike, 3D body scan, and a gas analyzer metabolic test. (2 hrs to complete all tests)

- Arrive 15 mins prior to testing - Read and Sign all forms.
- Ask questions or voice concerns before testing

V02 Exercise Test

- Fast 4 hrs prior to testing (No coffee or stimulants - water is ok)
- Avoid OTC Cold medications (Continue with Prescribed Meds)
- Do not exercise 24 hrs before testing
- Wear Exercise Cloths for V02 Testing (Wear comfortable shoes)

Resting Metabolic Testing

- Fast 4 hrs prior to testing (No coffee or stimulants - water is ok)
- No exercise 24 hrs prior to testing

3D Body Composition Scan

- Wear very tight fitting cloths for 3D Scan - It is measuring your body exactly
- Tie up your hair for 3D Scan

Preparation for Testing

Testing includes: one or more of the following: A graded exercise test with a gas analyzer on a treadmill or recumbent bike, 3D body scan, and a gas analyzer metabolic test. (2 hrs to complete all tests)

- Arrive 15 mins prior to testing - Read and Sign all forms.
- Ask questions or voice concerns before testing

V02 Exercise Test

- Fast 4 hrs prior to testing (No coffee or stimulants - water is ok)
- Avoid OTC Cold medications (Continue with Prescribed Meds)
- Do not exercise 24 hrs before testing
- Wear Exercise Cloths for V02 Testing (Wear comfortable shoes)

Resting Metabolic Testing

- Fast 4 hrs prior to testing (No coffee or stimulants - water is ok)
- No exercise 24 hrs prior to testing

3D Body Composition Scan

- Wear very tight fitting cloths for 3D Scan - It is measuring your body exactly
- Tie up your hair for 3D Scan

Preparation for Testing

Testing includes: one or more of the following: A graded exercise test with a gas analyzer on a treadmill or recumbent bike, 3D body scan, and a gas analyzer metabolic test. (2 hrs to complete all tests)

- Arrive 15 mins prior to testing - Read and Sign all forms.
- Ask questions or voice concerns before testing

V02 Exercise Test

- Fast 4 hrs prior to testing (No coffee or stimulants - water is ok)
- Avoid OTC Cold medications (Continue with Prescribed Meds)
- Do not exercise 24 hrs before testing
- Wear Exercise Cloths for V02 Testing (Wear comfortable shoes)

Resting Metabolic Testing

- Fast 4 hrs prior to testing (No coffee or stimulants - water is ok)
- No exercise 24 hrs prior to testing

3D Body Composition Scan

- Wear very tight fitting cloths for 3D Scan - It is measuring your body exactly
- Tie up your hair for 3D Scan