Resting Test

Nov 18, 2025, 11:03:16 AM

Name	Andreas Miller	Age	33
Size	5 ft 8 in	Weight	160.9 lbs

Your LOGO here

Goal	Weight loss	Period	6 Months	Activity level	moderately active (1.55)

RMR

1,962 kcal/d

This value indicates the number of calories the body uses while at complete rest, which is similar to the Basal Metabolic Rate (BMR). Resting metabolic rate is primarily related to lean body mass, including muscle tissue and internal organs, but not body fat.

A **faster metabolism** means that your body burns more calories than average, which can lead to increased energy levels and difficulty gaining weight. While having a fast metabolism is not inherently good or bad, it is important to ensure that you consume enough calories to support your body's needs. NOTE: If you exercised, ate a big meal, or weren't rested before testing, consider retesting after proper preparation.

A **slower metabolism** is often characterized by a reduced resting metabolic rate (RMR), meaning the body burns fewer calories at rest. Factors contributing to a slow metabolism include age-related muscle loss, thyroid disease, chronic stress, poor sleep, and yo-yo dieting. Addressing these factors can help improve metabolic function and overall health.

Metabolic Rate

Slow — Fast

Resting metabolic rate comparison

Minimum - Maximum +

measured 1,961.9

calculated 1,880.2

3,041 kcal/d

Lifestyle calories

1,079 kcal/d

Total daily energy consumption

Suggested Daily Caloric Intake

2,585 kcal/d

This value is determined based on your selected body composition goal and desired time frame. It is determined by adding (surplus) or subtracting (deficit) a percentage of your total daily energy expenditure.

Resting HR Average

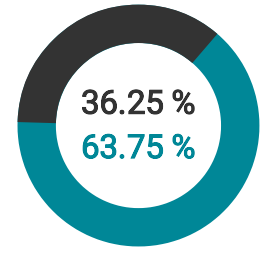
30 — 52 — 120+

*50 bpm is associated with the lowest risk of overall mortality

RER at rest

0.81

Respiratory Exchange Ratio (RER) at rest is a value that allows us to broadly determine the ratio of fuel sources being used at rest (carbohydrates vs fats). Values closer to 0.7 indicate fat is the primary fuel source, while values closer to 1.0 indicate increased carbohydrate usage.



Carbohydrates Fat

Additional Resting Metrics

RF (Respiratory Frequency)	TV	VE	VCO_2
19 BPM	0.4 L	7.6 LPM	0.2 LPM

Analysis of your report

Energy in the Body

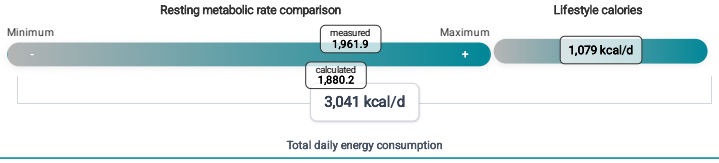
Calories measure the energy in food and the energy your body uses. Your metabolic rate is the number of Calories you burn daily.

To maintain balance, match the calories you consume with what your metabolism needs. Measuring your metabolic rate helps determine the appropriate Calorie intake for your body.

Energy balance

Energy balance refers to the relationship between energy consumed and energy expended, measured in calories. Assessing metabolic rate is a foundational aspect of managing energy balance.

In weight management, energy balance plays a significant role. If energy expenditure exceeds energy intake, weight loss can occur. When food is absorbed, it may be utilized for energy or stored as fat. Understanding individual metabolic rate helps align dietary intake with energy needs.



How we burn calories

Total Daily Energy Expenditure (TDEE)

The total amount of energy you burn during the day is referred to as your Total Daily Energy Expenditure. This value is the sum of the following metabolic components:

DEE = RMR + LF + TEF

- Resting Metabolic Rate (RMR)
- Lebensstilfaktoren (LF)
  - Non-exercise Activity Thermogenesis (NEAT)
  - Exercise Activity Thermogenesis (EAT)
- Thermic Effect of Food (TEF)

RMR

Your resting metabolic rate refers to the amount of energy, in kilocalories, your body uses at rest. This energy is reserved for baseline physiological processes, like breathing, digestion, and temperature management.

EAT

Exercise uses a small portion of daily calories but helps build lean muscle, which raises resting metabolic rate (RMR). Physical activity does support weight loss and appetite control, though people tend to overestimate how many calories they've truly burned. Avoid eating extra because you earned it during exercise and maintain regular strength training and cardio workouts to develop lean body mass.

NEAT

Movement results in energy expenditure, and increased movement leads to higher energy use. Daily activity is the most significant aspect of energy output that can be influenced by individuals. Generally, daily activities contribute more to total calorie expenditure than structured exercise. Even basic movements can substantially increase the body's rate of energy use. Activities such as completing household tasks, engaging in play, or choosing stairs over elevators can increase energy expenditure and influence overall energy balance.

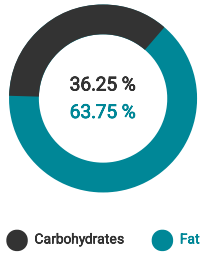
TEF

The food you eat will have a direct impact on your metabolism—not only providing you with energy, but actually increasing the amount of energy required to digest and absorb nutrients. It's called thermogenesis, and understanding the thermic effect of food may very well change the way you eat!

The thermic effect of food refers to the amount of energy expended to digest and process specific foods. This is an amount of energy beyond the basal metabolic rate, which means thermic foods can actually increase the calories burned in a single day above the normal quantities required by your organ function and daily activities.

RER & Metabolic Flexibility

The Respiratory Exchange Ratio (RER) is a key indicator of metabolic flexibility, reflecting the body's ability to switch between fat and carbohydrate metabolism. A lower RER indicates a higher fat utilization, while a higher RER suggests a greater carbohydrate metabolism. This ratio is particularly useful for assessing metabolic flexibility during rest and mild to moderate aerobic exercise.



Resting Heart Rate (RHR)

A resting heart rate (RHR) below 50 beats per minute (BPM) is linked to the lowest all-cause mortality risk, while rates at 80 BPM double that risk. RHR serves as a key measure of cardiovascular health and fitness; lower values usually indicate better heart efficiency, especially in athletes. Elevated RHRs may signal health issues or sedentary habits, so regular monitoring can aid early detection and encourage healthier lifestyle choices.

Additional Resting Metrics

Respiratory Frequency (RF)
Number of breaths per minute.

Tidal volume (TV)
Exhaled volume per breath.

Minute Ventilation (VE)
Volume of air (in liters) that is inhaled and exhaled per minute.

VCO_2
Volume of carbon dioxide released in liters per minute.