

# Resting Metabolic Rate Assessment

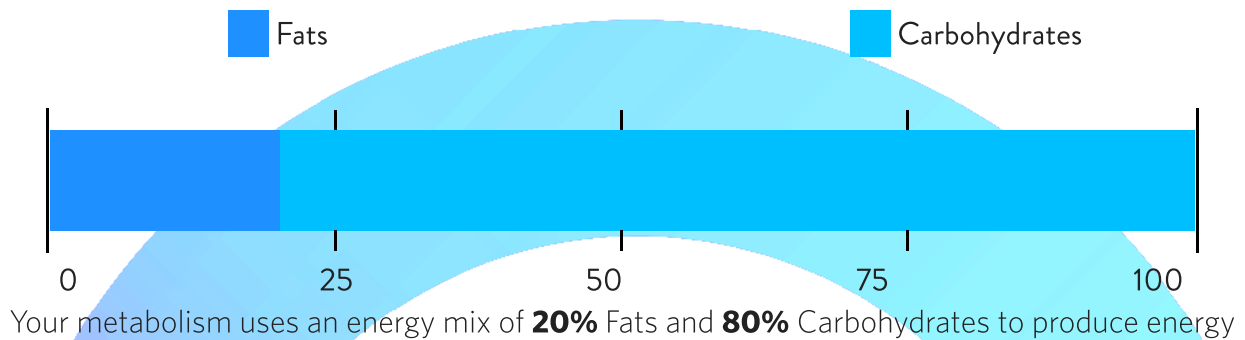
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The PNOE Resting Metabolic Rate (RMR) assessment provides information on:

- The fuel sources your body uses during daily activities
- Your metabolic health
- Your nutrition requirements based on your metabolic rate and fitness goal

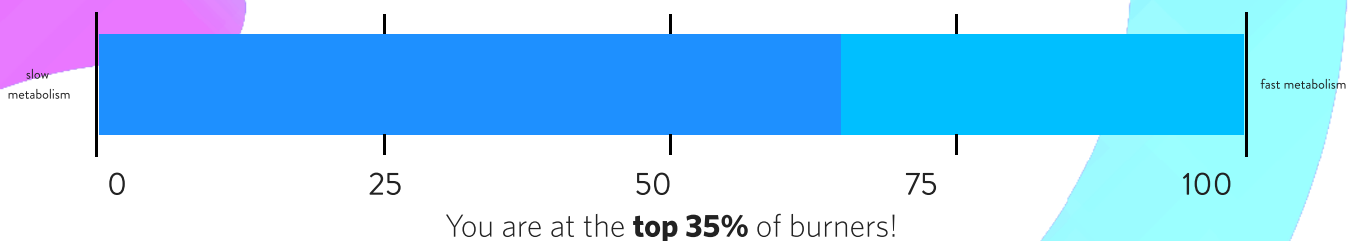
## Fuel Sources

Your body uses a mixture of carbs and fats to produce the energy needed to sustain life and power your daily activities. High reliance on fat as a fuel source is one of the most reliable indicators of cellular health and is strongly associated with low likelihood of weight gain or weight re-gain.



## Slow VS Fast Metabolism

Slow or fast metabolism refers to whether your body burns less or more calories than normal. Long-lasting diets or excessive cardio can slow your metabolism down. Weight training or temporarily increasing the calories you eat can help your metabolism recover. Slow metabolism leads to less calories burnt during the day, and as a result, to difficulty in losing weight or maintaining weight loss.





You burn:  
 Days you don't workout:  
**1,812 kcal/day**

Days you workout:  
**2,247 kcal/day**

You should eat:  
 Days you don't workout:  
**1,178 kcal/day**

Days you workout:  
**1,461 kcal/day**

For more detailed information about your diet and workout including guidance on how to reverse a slowing metabolism, improve cellular health and increase fat burn contact our team at **info@mypnoe.com**.