

# Metabolic Testing

Metabolic testing is a simple procedure. You are seated in a comfortable chair and asked to breathe into a tube for 10 minutes. The Metacheck unit will measure your breath and determine the amount of oxygen your body used. This number is then converted into something you really understand - calories! How many calories does your body burn? Is your metabolism normal, fast or slow? Exercise and/or eating raises metabolism. So it is important that you not eat or exercise for the 4 hours before your scheduled appointment.



You should drink plenty of water and take only prescribed medications on schedule. If you would like to schedule an appointment or have any questions about metabolic testing, please call us!

## Where Can I Have It Done?

In the past, metabolic testing was only available at universities and hospitals. Now you can have this safe, easy test at your Army Wellness Center. You, too, can learn to eat to your metabolism.

## What are the Benefits?

- ◆ Your Resting Metabolic Rate will be actually measured, not calculated or estimated.
- ◆ You will know exactly how many calories your body needs each day to maintain basic body functions...breathing, temperature regulation, everyday activity, etc.
- ◆ You will learn how activity and lifestyle play a role in calculating daily caloric needs.
- ◆ You will understand the role of exercise and the importance of maintaining lean muscle mass in terms of caloric expenditure and weight management.
- ◆ You will learn how to balance the number of calories you eat with the number of calories you burn.
- ◆ If you do not have certain medical conditions (which we will ask you before the test) you will receive a meal planner in your Weight Loss Zone to help you reach your goal weight.

# AWC

**ARMY Wellness Center**

## Grafenwoehr

## A healthy way to manage your weight!

- ◆ Weight management involves a delicate balance between calories burned and calories consumed.
- ◆ People have a tendency to overestimate the number of calories expended through exercise and underestimate the



## Manage your Caloric Intake

It's easy!

Follow the nutritional guidelines and Target Daily Calories recommended by your caregiver. Your metabolic rate test provides information about what is right for you!



Army Wellness Center Grafenwoehr  
Located in BLDG 168, Rose Barracks (Vilseck)  
Open 0730-1630, M-F  
Call 476-4795 to book an appointment