



# Metabolic Health

## *Do you want ...*

- to know exactly how many calories it takes for your body to operate?
- to know your “sweet spot” exercising potential?
- to understand metabolism and the type of calories burned?
- to be successful at losing and controlling weight?
- to gain muscle and lose fat?
- to exercise with enjoyment and look forward to doing it?

Schedule an appointment at  
[southern.edu/performancelab](https://southern.edu/performancelab)



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# Metabolic Efficiency Testing

Improve your cardiometabolic health through **Metabolic Efficiency Testing**. Find your physical activity intensity and determine dietary adjustments to address cardiovascular disease, abdominal obesity, insulin resistance, glucose metabolism, dyslipidemia, and hypertension.

## RESTING METABOLIC RATE ANALYSIS *RESPIRATORY QUOTIENT*

The **Resting Metabolic Rate test** (lying at rest for 20 minutes) is designed to analyze cellular respiration ( $\text{CO}_2/\text{O}_2$ ), which is needed to assess the efficiency of your personal metabolism. Results will show if the energy source is coming from fats or carbohydrates.

## EXERCISE THRESHOLD WALKING ANALYSIS *RESPIRATORY EXCHANGE RATIO*

The **Exercise Threshold Walking test** determines the most effective exercise level for mitochondria regeneration. These energy producers of the cell are key to health.

The analysis of breathing ( $\text{CO}_2/\text{O}_2$ ) during exercise determines the “sweet spot” or most beneficial training intensity or level of activity. The correct level results in health benefits such as weight loss at rest and retention of muscle mass during activity.

## BODPOD BODY COMPOSITION ANALYSIS

The **BodPod test** determines the ratio of fat to muscle in the body. After about eight weeks of training, a repeat BodPod will validate the results of the recommended training program.

### FEES

#### *PACKAGE OF THREE PRE/POST TESTS*

- Group rate (4+ individuals) \$175 each
  - Individual rate \$225 each
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