

Pre-test prerequisites

- Ⓟ Fast except from plain water for at least 3 hours prior to testing (RMR test only)
- Ⓟ No caffeine, tobacco or stimulating drinks for at least 3 hours prior to testing
- Ⓟ Avoid intense exercise or any exercise of more than 1 hour 24h prior to testing
- Ⓟ The resting test can be conducted any time of the day, however the retest should be conducted the same time of the day as the initial assessment
- Ⓟ Continue medications as usual
- Ⓟ Arrive at least 10 min prior to the test so you can be relaxed before the test