

## **Metabolic Testing Pre-test Instructions**

To ensure the accuracy of your results, please read through and follow the pre-test instructions.

### **Resting Metabolic Test**

1. Avoid exercise for 24 hours prior
2. Avoid alcohol for 24 hours prior
3. Get adequate sleep the night before
4. Test should be done early in the morning, within 1-2 hours of waking
  - a. In a rested state (no housework/activity that morning)
5. No eating or use of caffeine/stimulants the morning of the test
6. You can drink water, but keep it to a minimum (sip as needed for thirst)
7. Dress in comfortable clothing

### **Exercise Metabolic Test**

1. Avoid exercise for 24 hours prior
2. Avoid alcohol for 24 hours prior
3. Eating guidelines throughout the day:
  - a. Avoid overeating or over-indulging
  - b. Avoid sodas, fruit juices or other sugary beverages
  - c. Don't overconsume caffeine and avoid it for 2 hours prior
4. Eating guidelines prior to the test:
  - a. Eat a small meal or snack 1-2 hours prior
  - b. Only consume water within 1 hour of the test
5. Dress in athletic clothing and athletic shoes
6. Review the PAR-Q form (on the Schubbe Resch Metabolic Testing webpage)
  - a. Consult your physician if necessary
  - b. Inform your tester if you are unfit/unable to complete the test

\*\*\*If you have any questions regarding pre-test instructions, please contact Jordan Klein (Metabolic Specialist) at [jordanjklein@gmail.com](mailto:jordanjklein@gmail.com) or (920) 422-3593.