

## Where Can I Have It Done?

The metabolic testing is done at the Purdue Calumet Fitness Center located in the Fitness & Recreation Center Building on the Purdue Calumet campus. The Fitness Center is located at 2300 173rd Street, Hammond, IN 46323-2094. For additional information call the number below or Fax (219) 989-2558.

## How Do I Sign Up?

Testing is done by appointment only. A variety of days and times are available. Sign up at the Fitness Center desk. ALL TESTING FEES MUST BE PAID BEFORE AN APPOINTMENT CAN BE MADE. Payments can be made with cash, check (payable to: Purdue University Calumet) or credit card.

## What Does It Cost?

Non-Purdue Calumet Fitness Center Members . . . . .	<b>\$65</b>
Purdue Calumet Fitness Center Members . . . . .	<b>\$45</b>
Purdue Calumet Employees . . . . .	<b>\$35</b>
Purdue Calumet Students. . . . .	<b>\$25</b>

For more information contact the  
FITNESS CENTER STAFF  
**219-989-2175**  
or 1-800-HI-PURDUE, ext. 2175  
*(Toll free in northwest Indiana and Chicagoland area)*  
*an equal access/equal opportunity university*



**CALUMET**

HAMMOND, INDIANA

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metabolic testing

- Weight management involves a delicate balance between calories burned up and calories consumed.
- People have a tendency to overestimate the number of calories expended through exercise and underestimate the number of calories taken in through eating.
- That misleading notion is a prescription for a slow and gradual weight gain throughout the lifespan.



# metabolic testing

## Metabolic testing measures what you burn.....

### Resting Metabolic Rate (RMR)

This is the number we measure that is unique to you. It is the number of calories you would burn if you sat in a chair all day long.

### Lifestyle

Your RMR is used to calculate how much more you probably burn by the simple daily activities of walking, eating, driving, etc.

### Exercise

RMR is used to calculate how many calories you would burn if you exercised moderately for 30 minutes.

## Metabolic testing calculates how you should eat...

### Maintenance Zone

This is the number of calories you need to eat to stay at your current weight. This is very important to have tested at the end of your weight loss program. We all know that keeping it off is the hardest part!

### Weight Loss

Based on your RMR, this is the MAXIMUM amount of calories you can eat and still lose weight at about 1.5 lbs a week. By truly feeding your body what it needs, you will feel calm and satisfied. This is not just another diet...it's learning to listen to your body tell you what it needs to succeed.

### Medically Supervised Zone

Too few calories can cause you to lose muscle tissue, slow your metabolism, deprive you of vital nutrients, and cause you to regain lost weight very quickly. Only a physician can help you make dieting in this zone effective.

## What is Metabolic Testing?

Metabolic testing is a simple, non-intimidating procedure where you sit in a relaxing chair and breathe into a metabolic analyzer machine for 10-minutes. The unit analyzes the amount of oxygen used during the 10-minutes procedure and converts it to metabolic energy or calories. Each test is performed by a Purdue University Calumet staff exercise physiologist. The machine prints out a report with your metabolic information. Immediately following the test, the exercise physiologist will explain your test results and answer any questions you may have regarding metabolism, exercise or weight control. The test and counseling session last approximately 30 minutes.

## What are the Benefits?

- Your actual Resting Energy Expenditure (REE) or Basic Metabolic Rate (BMR) will be measured.
- 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.
- You will know exactly how many calories your body needs each day to maintain basic body functions...breathing, temperature regulation, everyday activity, etc.

