

# Know Your Numbers. Train, Eat, and Live With Clarity.

## Precision Testing for Metabolism, Fitness, and Long-Term Health

If you've ever followed a plan that *should* work—but didn't—there's a good chance it wasn't built around **your actual physiology**. Our metabolic and cardiorespiratory assessments replace guesswork with measurable data, giving you a clear, personalized starting point.

These assessment results are **YOURS**- meaning that you can choose to use them personally, take them back to your personal health coaches, or discuss further guidance and coaching options with an Exercise Physiologist with TSP!

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## Our Core Assessments

### 🔥 Resting Metabolic Rate (RMR)

**Understand how many calories your body truly needs.**

Using gold-standard indirect calorimetry, RMR testing measures how many calories you burn at rest—information that common formulas and fitness apps can miss by **20–30%**.

**Why clients book RMR testing:**

- Establish a personalized calorie baseline
- Improve results from weight loss, maintenance, or gain plans
- Reduce frustration from stalled progress
- Stop relying on generic estimates

**Best for:** Anyone focused on nutrition accuracy, sustainable results, and smarter planning.

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### ❤️ VO<sub>2</sub> Max Testing

**Measure one of the strongest predictors of long-term health and longevity.**

VO<sub>2</sub> max reflects how efficiently your heart, lungs, and muscles use oxygen during exercise. It's considered a vital sign of functional health and is a stronger predictor of premature death than many traditional health markers.

### **Why clients book VO<sub>2</sub> max testing:**

- Track true cardiovascular fitness and “fitness age”
- Identify personalized training zones
- Measure progress that matters for health span and performance
- Invest in long-term quality of life

**Best for:** Active adults, athletes, and anyone prioritizing longevity and functional health.

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### **★ Best Value: RMR + VO<sub>2</sub> Max (Combined)**

**The most complete picture of how your body works—at rest and in motion.**

Together, these assessments show how your body uses energy 24/7. Nutrition and training decisions become clearer, more efficient, and easier to personalize.

### **Why clients choose the combined assessment:**

- Align calorie intake with actual metabolic needs
- Train with precision instead of effort alone
- Track meaningful health changes over time
- Build a data-driven plan you can trust

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## **What to Expect**

- Non-invasive, safe testing
- Minimal time commitment
- Clear, easy-to-understand results
- Actionable insights you can use independently or with your health team

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## **Ready to Replace Guesswork With Data?**

Your body is not average—your plan shouldn’t be either. Book your assessment and start making decisions backed by real measurements.

**Book Your Assessment Today or Contact Us With Any Further Questions, Prior to Booking!**

*For educational and planning purposes. Not a medical diagnosis.*