

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!

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.

VO₂ Max Testing

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

VO₂ 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 VO₂ 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.

★ Best Value: RMR + VO₂ 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.