

# Resting Metabolic Rate Assessment

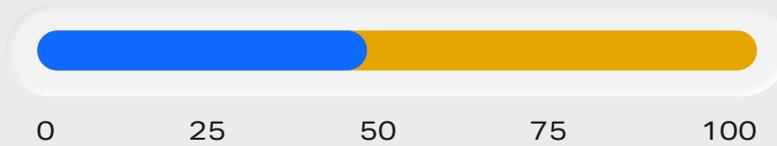
Coach: Evolved Performance | Client: Andrew Usher | Date: 06/09/2021

The PNOË Resting Metabolic Rate (RMR) assessment provides information on:

- The fuel sources your body uses during daily activities
- Your metabolic health
- Your nutrition requirements based on your metabolic rate and fitness goal

## Fuel Sources

Your body uses a mixture of carbs and fats to produce the energy needed to sustain life and power daily activities. High reliance on fat as a fuel source is one of the most reliable indicator of cellular health and is strongly associated with low likelihood of weight gain or weight re-gain.

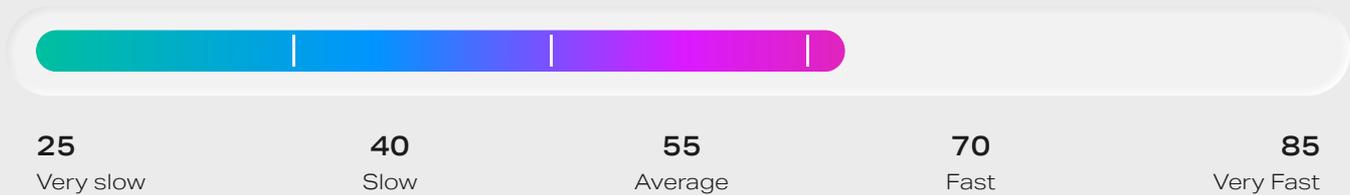


■ Fats  
■ Carbohydrates

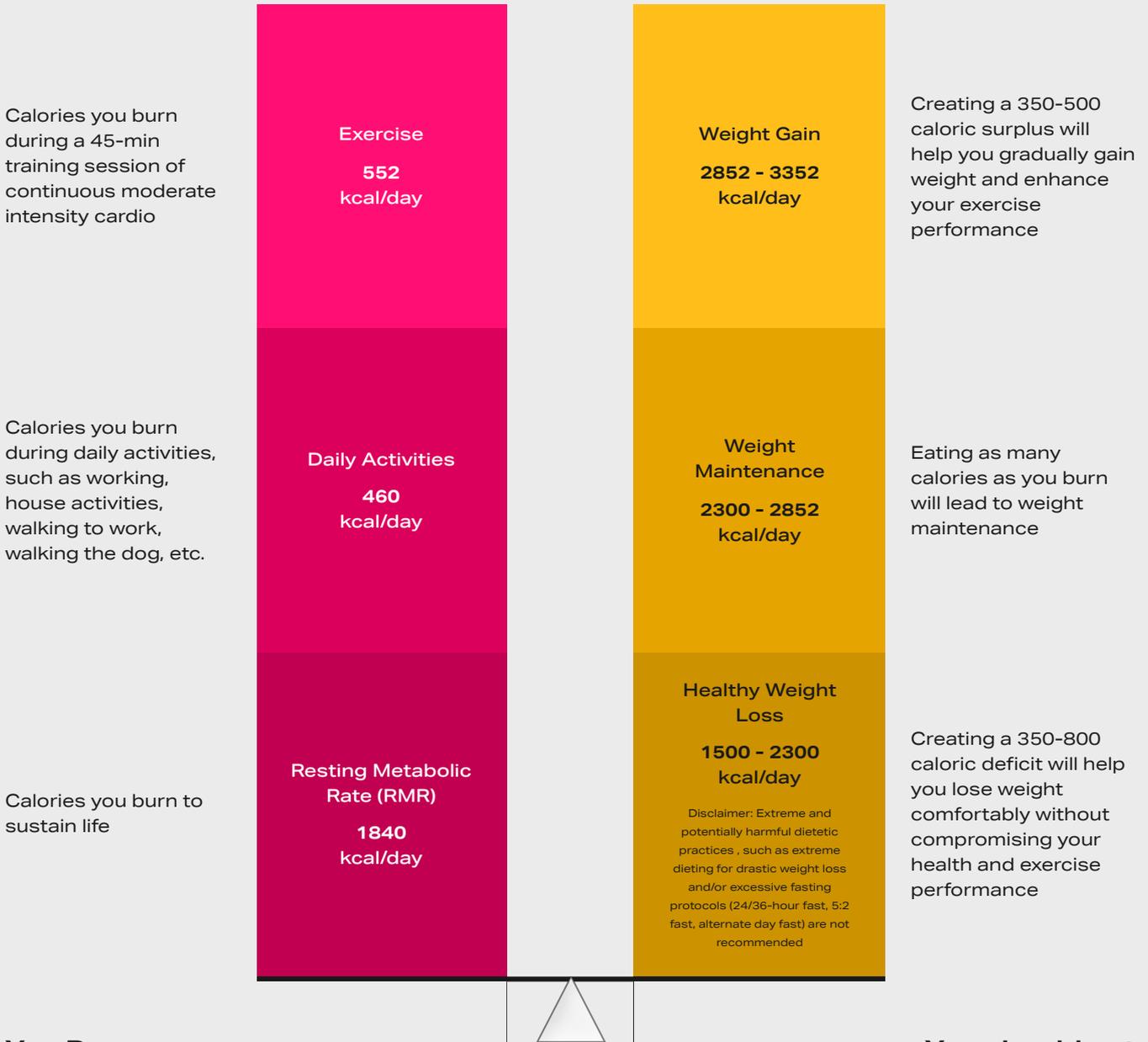
Your metabolism uses an energy mix of 46% fats and 54% carbohydrates to produce energy

## Slow VS Fast Metabolism

Slow or fast metabolism refers to whether your body burns less or more calories than normal. Long-lasting diets or excessive cardio can slow your metabolism down. Weight training or temporarily increasing the calories you eat can help your metabolism recover. Slow metabolism leads to less calories burnt during the day, and as a result, to difficulty in losing weight or maintaining weight loss.



Coach  
**Evolved Performance**



Calories you burn during a 45-min training session of continuous moderate intensity cardio

Calories you burn during daily activities, such as working, house activities, walking to work, walking the dog, etc.

Calories you burn to sustain life

Creating a 350-500 caloric surplus will help you gradually gain weight and enhance your exercise performance

Eating as many calories as you burn will lead to weight maintenance

Creating a 350-800 caloric deficit will help you lose weight comfortably without compromising your health and exercise performance

**You Burn**

Days you dont work out  
**2300** kcal/day

Days you work out  
**2852** kcal/day

**You should eat**

Days you dont work out  
**1800** kcal/day

Days you work out  
**2350** kcal/day

For more detailed information about your diet and workout including guidance on how to reverse a slowing metabolism, improve cellular health and increase fat burn contact our team at: [andrew@andrewusher.com](mailto:andrew@andrewusher.com)