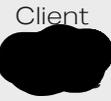


Resting Metabolic Rate Assessment

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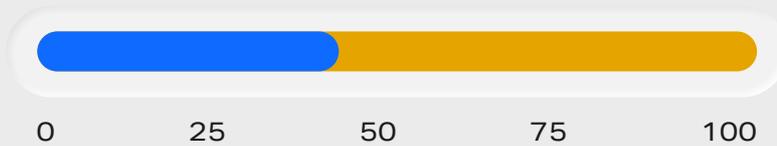
Date
05/11/2022

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

- The fuel sources your body uses during daily activities
- Your metabolic health during daily activities
- 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.

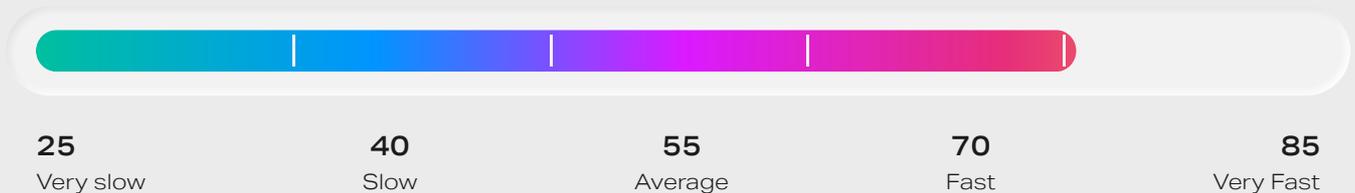


- Fats
- Carbohydrates

Your metabolism uses an energy mix of 42% fats and 58% carbohydrates to produce energy

Slow VS Fast Metabolism

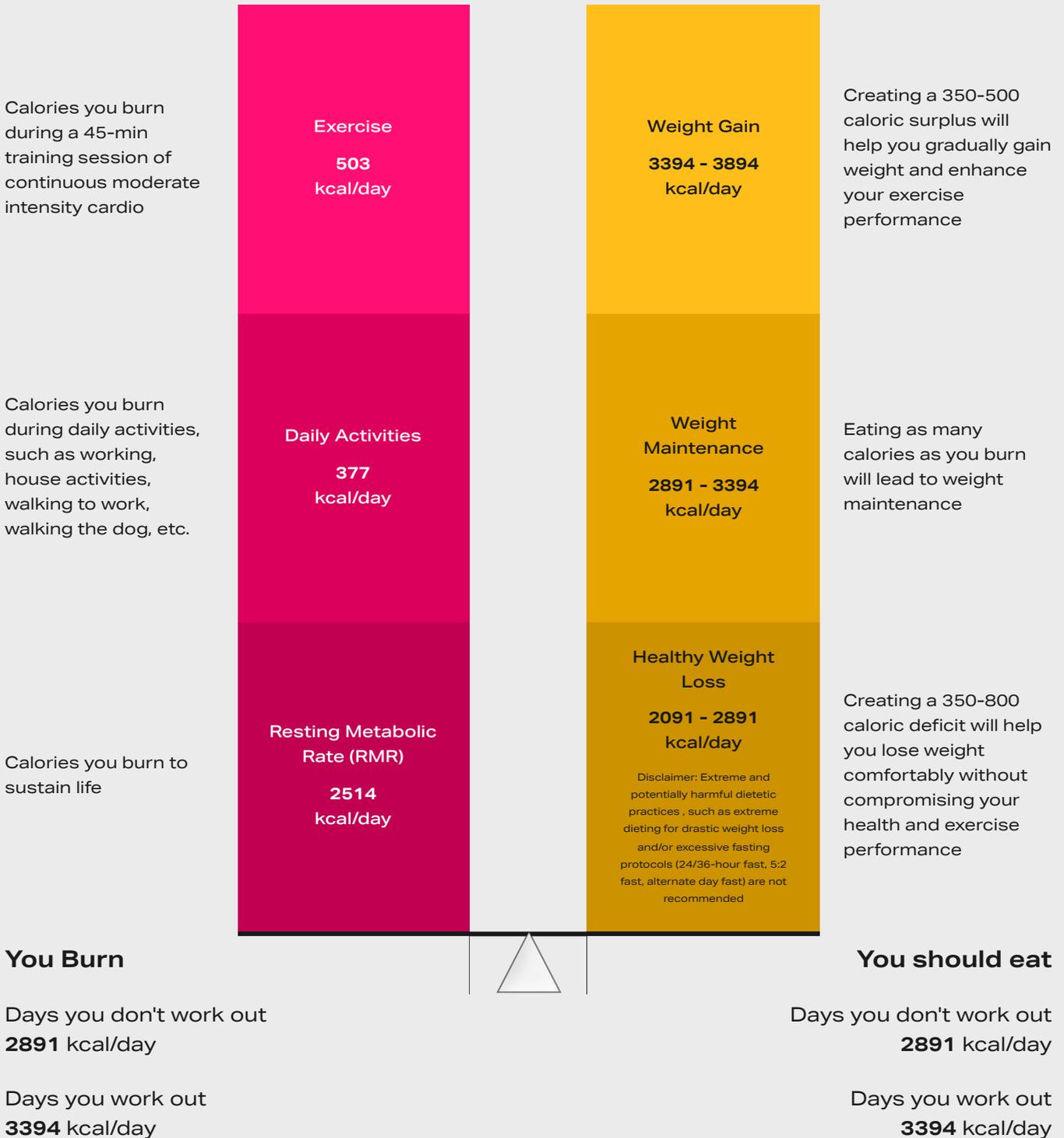
Slow or fast metabolism refers to whether your body burns less or more calories than normal. Long-lasting diets or excessive cardio can slow your metabolism down. Weight training or temporarily increasing the calories you eat can help your metabolism recover. Slow metabolism leads to less calories burnt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



[Download](#) the PNOË Precision app to calibrate your wearable, get a personalized nutrition plan and track your nutrition, training and recovery like never before!



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Disclaimer The Assessment is intended for information purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Consult your physician before engaging in an exercise program and/or changing your diet as a result of the information provided by this Assessment. Participating in any workout regimen may result in an increased risk of physical injury based on the nature, frequency, intensity, and duration of the workout regime.

Thanks for joining the
PNOË community.
We are here for you
whenever you need us.

Your next assessment
should be scheduled on:

08/11/2022

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