

Body Mass Index

US Units **Metric Units** Other Units

Age: 51 years 2 - 120

Gender: Male Female

Height: 5 feet 0 inches

Weight: 143 pounds

Calculate **Clear**

Result

BMI = 28.9 kg/m² (Overweight)

BMI = 28.9

Healthy BMI range: 18.5 kg/m² - 25 kg/m²
 Healthy weight for height: 104 lbs - 139 lbs
 Low BMI risk to reach a BMI of 25 kg/m²: 11.5 lbs
 BMI Percentile: 1.5%
 Prevalence Index: 19 kg/m²

BMI has several limitations, including its inability to differentiate between muscle and fat, which can lead to misleading results, especially for athletes or those with high muscle mass. Additionally, it does not account for factors like age, gender, ethnicity, and body fat distribution, making it less accurate for certain populations.

Real Time Data

Your RMR reveals how much energy your body needs at rest, making it a key metric for managing metabolism.

For example, building muscle can increase RMR and improve calorie burning efficiency. Using your RMR as a guide allows for smarter adjustments to fuel your body, enhance energy levels, and improve overall metabolic balance and well-being.

Avg. Respiratory Rate
Your average number of breaths per minute during the entire session.

14.1 BPM

Peak Min. Volume
The highest ventilation rate during your session.

10 L/min

Calories
The total amount of energy expended during your session.

12 kcal

Peak VO2
The highest rate of oxygen consumption during your session.

0.33 L/min

Avg. Fat Burn
Average % of total calories from fat being metabolized over your session.

4%

Peak Heart Rate
Heart rate and ventilation often increase hand in hand.

83 BPM

Disclaimer

The information provided is for general guidance and not a substitute for professional advice. Always consult a healthcare professional before starting any fitness or weight loss program, especially if you have health conditions or take medications. Use the information at your own discretion and responsibility.

© 2025 Success Health & Fitness

Fats Vs Carbohydrates

Vital Stats

Total Daily Energy Needs (RMR)

1166 Kcal

This is the minimum number of daily calories you need to perform basic functions, such as breathing and keeping up brain activity.

Respiratory Exchange Ratio

0.98% avg.

Your RER indicates whether your body primarily burns fat or carbohydrates for fuel while at rest. You are burning more fat than carbs.

Resting Heart Rate

77 bpm

The lower your RHR typically means your heart is strong, efficient, and well-recovered.

Breath Count

220 Breaths

Reducing your breath count can help lower your heart rate and blood pressure, promoting relaxation and reducing stress.

Average Exhaled Oxygen

17.21%

Decreasing resting exhaled O₂ levels can indicate improved health. A decrease reflects better oxygen extraction by your body.

Improving (or optimizing) your resting total energy needs, resting respiratory exchange ratio (RER), resting heart rate, breathing rate, exhaled O₂ levels, and other components within the above data generally reflects better metabolic efficiency, cardiovascular fitness, and respiratory function. The following information corresponds with the data presented in this report. It is intended to provide an interpretation of the findings to help you make informed decisions to improve your health and fitness.

Total Daily Energy Expenditure (For Weight Loss)

- Inactive: **1399 kcal/day** to lose 2 lbs/week
- Lightly active: **1603 kcal/day** to lose 2 lbs/week
- Moderately active: **1807 kcal/day** to lose 2 lbs/week
- Very active: **2011 kcal/day** to lose 2 lbs/week

BMI = 28.9 kg/m² (Class: Overweight)

Individuals classed as overweight may face several health risks:

Healths issues such as type 2 diabetes, high blood pressure, and heart disease. It's important for individuals in this category to consider lifestyle changes and consult with a healthcare provider for personalized advice.

How to Understand Your Resting Metabolic Rate (RMR) Results: Master Your Metabolism

Why Your RMR Results Matter

Your **Resting Metabolic Rate (RMR)** is the foundation of your metabolism — the number of calories your body burns at rest to power essential functions like breathing, circulation, and brain activity. This test measured your **metabolism directly**, providing a clinical-grade look at how efficiently your body burns energy.

Extracted from your RMR report includes **6 key metrics** that work together to paint a full picture of your metabolic health and recovery: **RMR, RHR, RER, TDEE, Breath Count and Exhaled O₂**. The following information provides you with the interpretation of your data and action steps to improve on each metric.

1. Resting Metabolic Rate (RMR): Your Baseline Burn

What It Means

Your RMR represents the **minimum number of calories** your body needs per day to sustain vital functions — even if you **were to rest** all day.

It's primarily **influenced** by:

1. Lean **muscle mass** (your biggest metabolic driver)
2. **Age** and biological sex
3. Hormone **balance** and thyroid health
4. Sleep, **stress**, and nutrition habits

Knowing your exact RMR allows you to **build a plan** that matches your body's true **energy needs** — not generic estimates.

How to **Interpret** It:

- a) Higher-than-expected RMR: Often a result of **more lean muscle**, regular training, or a more active metabolism.
- b) Lower-than-expected RMR: May occur due to muscle loss, under-eating, stress, or **metabolic adaptation** from long-term dieting.

Action Steps:

- ➔ Lift weights or do **resistance training** 2–4x per week to maintain muscle.
- ➔ Prioritize **protein** (1.6–2.2g/kg of body weight daily).
- ➔ Avoid extreme calorie restriction — it **slows** metabolism over time.
- ➔ Re-test every **3–6 months** to ensure your plan is working.

💡 When you know your RMR, every **nutrition and training decision** becomes **data-driven** instead of guesswork.

2. Resting Heart Rate (RHR): Your Recovery and Readiness Gauge

What It Means

Your **Resting Heart Rate (RHR)** reflects how efficiently your heart and cardiovascular system function at rest. It's measured during your RMR test and provides valuable context for your **overall health**, fitness, and recovery status.

How to Interpret It

Excellent:

Men: <55 bpm
Women: <60 bpm

Good:

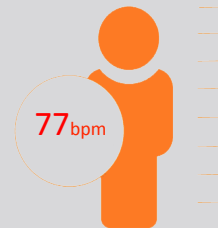
Men: 55–65 bpm
Women: 60–70 bpm

Needs Focus:

Men: >70 bpm
Women: >75 bpm

Why It Matters:

A lower RHR typically means your heart is **strong**, efficient, and well-recovered.



An elevated RHR can **signal stress**, overtraining, poor sleep, or illness.

Action Steps:

- ➔ Prioritize **7–9 hours** of sleep per night.
- ➔ Manage stress with light movement, **breathing**, or recovery days.
- ➔ Include a **mix** of aerobic and resistance training for balance.
- ➔ Track trends — if RHR is rising, **your body** might need rest or more recovery.

💡 Think of RHR as your body's daily **"status check."** It shows how well you're adapting to your training and lifestyle.

3. Respiratory Exchange Ratio (RER): What Fuel You're Burning

What It Means

Your RER indicates whether your body primarily **burns fat** or carbohydrates for fuel while at rest. It's the ratio of carbon dioxide produced (VCO_2) to oxygen consumed (VO_2), and it's one of the most telling signs of **metabolic flexibility**.

How to Interpret It:

RER ~0.70: You're primarily burning fat for fuel — a healthy, efficient metabolism.

RER ~0.85: You're using a **mix** of fat and carbohydrates.

RER ~1.00: You're relying mostly on carbohydrates — often seen in people under stress, after eating, or who are under-recovered.

Why It Matters:

Your RER reflects how adaptable your **metabolism** is.

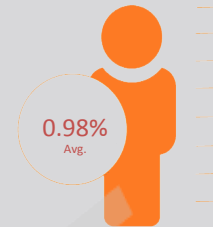
A lower or more **flexible RER** suggests your body can easily switch between energy sources.

A consistently **high RER** can indicate your metabolism is **"stuck"** in carb-burning mode, which may make fat loss harder and energy levels more unstable.

Action Steps

- ➔ Add Zone 2 **aerobic** training (moderate steady-state cardio) 3–5x per week.
- ➔ Allow time between meals (**avoid** constant snacking) to encourage fat oxidation.
- ➔ Prioritize sleep and **stress** management, as cortisol directly affects RER.
- ➔ Re-test RMR + RER every few months to **monitor** improvements in flexibility.

💡 RER doesn't just show how many **calories** you burn — it shows how your **body** chooses to burn them.



4. Total Daily Energy Expenditure (TDEE) & Body Mass Index (BMI):

What It Means

Your **TDEE** combines your RMR with all the calories you burn through **movement**, exercise, and digestion. It's your total daily burn — the most practical number for **planning** nutrition, weight loss and setting goals. (BMI) is a measurement that uses a person's **height** and weight to estimate body fat. It helps categorize individuals as underweight, normal weight, overweight, or obese. The below **calculations** help you understand how many calories you need to maintain, **lose**, or gain weight based on your activity level.

Your BMI is showing you need to lose 20 lbs to get to a normal healthy weight range of 128lbs from your current weight of 148lbs

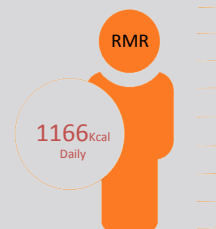
TDEE = RMR × Activity Factor - 1000 kcal:

- ➔ Sedentary (little to no exercise): **1399 kcal/day to lose 2 lbs/week**
- ➔ Lightly **active** (exercise/sports 1-3 days/week): **1603 kcal/day to lose 2 lbs/week**
- ➔ Moderately active (exercise/sports 3-5 days/week): **1807 kcal/day to lose 2 lbs/week**
- ➔ Very **active** (exercise/sports 6-7 days/week): **2011 kcal/day to lose 2 lbs/week**

It will take approximately 10 weeks to lose 20lbs using the above calculations.

- ➔ Fat Loss: **Eat** about 10–20% below TDEE.
- ➔ Maintenance: **Match** your TDEE intake.
- ➔ Muscle Gain: Eat 5–15% above TDEE with **strength training** and adequate recovery.

💡 TDEE connects your resting **metabolism** to your real-world habits that **reflects** your lifestyle.



5. Breath Count

What It Means

Breath count refers to the number of **breaths taken** in a specific period, usually measured in breaths per minute. For a healthy adult at rest, the normal **respiratory rate** is typically between 12 to 20 breaths per minute. Deep Relaxation can respiratory rate between 4 to 10 breaths per minute.

Why It Matters

Lowering your breath count can help activate the **body's relaxation** response, reducing stress and **anxiety** while promoting a sense of calm. It can also lower **heart rate** and blood pressure, improving overall cardiovascular health.

Action Steps

- ➔ Take long deep **breaths** into the belly through the nose and **exhale** out through the mouth. Allow the body to **relax** with every breath.
- ➔ Prioritizing sleep and a lower stress management can lower your breath count.

💡 *Yoga or meditation is a great way to **lower breath count** by reducing stress on the body and **mind**.*



6. What Exhaled O₂ Represents

What It Means

When you **inhale**, air contains about 21% oxygen. When you **exhale**, it normally contains about 15–16% oxygen.

If exhaled oxygen **decreases** slightly at rest, it usually means:

- ➔ Your body is extracting more **oxygen** from each breath
- ➔ Your **tissues** are using oxygen more efficiently

Lower resting **exhaled O₂** (within healthy ranges) means:

- ➔ Your body is getting more usable **energy** out of each breath.
- ➔ That reflects **improved** efficiency of the lungs, heart, blood vessels, and **muscles** working together.

Action Steps:

a) Build **Aerobic Base** (Zone 2 Training)

Why it works:

- ➔ Low–moderate intensity **cardio** increases:
 - ➔ Mitochondrial density
 - ➔ Capillary **growth** in muscles
 - ➔ Stroke volume (more blood **pumped** per beat)
 - ➔ All of this **improves** oxygen extraction at the tissue level.

How to apply:

30–60 minutes

- ➔ 3–5x per **week**
- ➔ Intensity where you can talk **in full** sentences
- ➔ ~60–70% of **max** heart rate (220 - your age)

b) **Resistance Training** (2–4x/week)

- ➔ Muscle tissue is a major **oxygen** consumer. More lean mass and stronger **muscle fibers**:
 - ➔ Improve **glucose** uptake
 - ➔ Increase mitochondrial **density**
 - ➔ Improve **local** oxygen extraction
 - ➔ Compound **movements** (squats, presses, rows, hinges) are particularly effective.

c) Add Strategic **High-Intensity Intervals** (1–2x/week)

Higher intensity training:

- ➔ Stimulates **mitochondrial** adaptations
- ➔ **Improves** VO₂ max
- ➔ Increases oxygen **delivery** capacity



Avoid **excessive** frequency — recovery is where adaptation occurs.

💡 *Exercise is **the** foundation for metabolic and **cardiovascular** efficiency.*

7. Tracking Trends: Why Follow-Up Tests Matter

Your **metabolism** is dynamic — it changes as your body **adapts** to training, nutrition, stress, and recovery.

A single **RMR test** gives you valuable insight, but consistent testing reveals your **true** progress.

Why Re-Testing Every **3–6 Months** Matters:

- ➔ Track RMR **changes** as you gain or lose muscle.
- ➔ See if your RHR is improving with **better** recovery.
- ➔ Monitor RER **shifts** to evaluate fat-burning efficiency.
- ➔ Update your TDEE as your **lifestyle** and goals evolve.

Regular **testing** ensures your nutrition and training remain **optimized** — so you're not just guessing, you're tracking **proof** of progress.

💡 *Your **metabolism adapts** to what you do — testing it **regularly** helps you adapt smarter.*

8. Putting It All Together

Each **metric** in your RMR section tells a **different** part of your story:

RMR — how many **calories** you burn at rest

RHR — how efficiently your heart **recovers**

RER — what **fuel** your body prefers

TDEE — your total daily **energy** needs

BREATH COUNT — how many **breaths** you take in one **minute** (a lower breath count can reduce blood pressure and reduce HR)

EXHALED O₂ — **Lower** reflects improved efficiency of the lungs, heart, blood vessels, and **muscles** working together.

Together, **they** give you a 360° view of your **metabolism**, recovery, and energy use.

💡 *When **tracked** over time, they reveal exactly how your **habits** are shaping your results.*

Disclaimer

The **information** provided is for general **guidance** and not a substitute for **professional** advice. Always consult a healthcare professional **before** starting any **fitness** or weight loss program, especially if you have **health** conditions or **take medications**. Use the information at your own **discretion** and **responsibility**.

Success
Health & Fitness

💡 For further information on programs to optimize your health & fitness: <https://www.successhealthandfitness.ca>