

## Resting Metabolic Rate Testing – Instructions for Clients

Welcome to Kendall Anderson Nutrition Center! Here is the information you need to get started.

### Location

- The Nutrition Center is in Room 114 of the Gifford Building (502 W. Lake Street).
- There is free street parking in front of Gifford, but it is often full.
- There is a parking garage just to the south east on the corner of Lake Street and Center Street. It is just north of the Hilton Hotel. The rate is \$1.25 per hour.
- There is an “A” lot to the west of the building; this is for employees but is free and open to the public after 4 PM. For additional information, refer to the CSU campus map:  
<http://parking.colostate.edu/maps/mapside.pdf>
- Bicycle racks are located at the NE entrance to the Gifford Building.
- Consider taking Max, which has a stop close by on Lake Street.

### Requirements

- Fast for 12 hours (water only).
- Do not drink alcohol the day before testing.
- Do not exercise in the morning before testing.
- If you walk or ride your bike to the appointment, please arrive at least 5 minutes early to rest.

### What To Expect

- We will measure your height and weight after you arrive to make sure we have accurate metric measurements.
- You will then sit quietly in a chair in our office. We will put a mask over your face and let you adjust for comfort.
- We will monitor you quietly for a total of 15 minutes.

### Outcome

- You will receive the results in a week. You may choose to receive the results via email, telephone, or mail.
- Information will include resting metabolic rate value and explanation, as well as recommended caloric intake to meet weight and physical activity goals.
- You may also choose to schedule an individual appointment with the Registered Dietitian to discuss a meal plan and diet analysis for an additional fee.

### Payment

- Please pay online before your appointment.

To cancel or reschedule an appointment, be sure to contact us in advance at phone 491-8615 or email [nutritioncenter@colostate.edu](mailto:nutritioncenter@colostate.edu)

Visit our website for additional programs and services:  
[www.nutritioncenter.colostate.edu](http://www.nutritioncenter.colostate.edu)

