

## The RMR Diet For Health Professionals

**If you aren't able to or choose not to use the Analyzer software, you can use the RMR Diet plan.**

You likely have clients who are frustrated with their weight. Whether they are dealing with excess weight or struggling to regain muscle mass lost due to an injury, you can use the RMR Diet to help your clients achieve their goals.

The RMR Diet is based on your client's measured resting metabolic rate (RMR). It is simple. Your client's RMR is the number of calories burned at rest and the number needed to eat to maintain normal body functions (heart beating, breathing, etc.).

**Eating the number of calories equal to RMR will enable them to lose weight – safely – and keep it off.**

Why? Because RMR accounts for about 60-75% of total energy expenditure. Any additional calories expended from normal daily activities (working, going to the grocery store, etc.) will result in a calorie deficit and weight loss. Remember, weight loss is a simple balance: if you burn more calories than you eat, you will lose weight.

The goal of most weight management programs is weight loss. Although nearly all weight loss programs require a reduction in calorie intake, most do not result in long-term success.

Why? Most programs guess at the number of calories that your client needs to eat to lose weight. Often, this results in restricting their calorie intake too much.

This actually decreases metabolic rate, results in poor long-term compliance, and can have negative health consequences. Other times, the recommended calorie intake is too high to reduce weight significantly, and clients become frustrated with their lack of success.

RMR is unique to every individual, and it can be vastly different in people who are the same age, gender, height, and weight – the normal predictors of metabolic rate. In fact, one study showed that women similar in the characteristics above varied in their measured RMR by about 900 calories/day!<sup>1</sup>

**Measuring your client's RMR with MedGem™ or BodyGem™ allows you to know their actual individual metabolic rate. If they eat an amount of calories equal to their RMR, a weight loss of about 1 pound per week is expected.**

If a more rapid weight loss is desired (1½ - 2 pounds/week), simply recommend adding some additional exercise to increase calorie expenditure.

Participation in a weight management program designed to achieve weight loss may lower RMR. Many people are initially successful, lose a few pounds, and then reach a weight plateau.

Using the MedGem or BodyGem to measure RMR when a plateau occurs allows you to help your client adjust their calorie intake and exercise program to achieve further success.

Ideally, your client will log the foods they eat and the exercise they participate in to help keep track of their calorie balance.

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<sup>1</sup> Foster et al (1988). Resting energy expenditure, body composition, and excess weight in the obese. *Metabolism* 37(5): 467-472.