

# Why test your metabolic rate?

5 reasons this 1 test can make a difference



There is **no such thing as one size fits all**, especially when it comes to how many calories you need in a day.

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**Our genetic make-up** uniquely affects our ability to burn calories. (Thanks Grandma!)



An RMR test can screen for a **slow metabolism**, which may explain past difficulties losing weight.

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**Weight loss decreases metabolic rate.**

It's important to track this natural occurrence & make the necessary changes to avoid plateaus.



**Metabolic rate fluctuates** for about 6 months after significant weight loss. Stay on top of your caloric needs so you don't accidentally undermine all your hard work!

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