

# WHAT IS METABOLIC ANALYSIS

**What is a Metabolic test?( Maybe create as link ?)**

The Resting Metabolic Rate test is a 20 minute test, which requires you to lie down whilst we analyse your breath. The VO2 Max test is a 12-15 minute test on a bike or treadmill, that gradually gets harder. You will wear a mask and a heart rate monitor that measures how you use energy at different heart rate intensities, which we track on our platform.

After your test, we will be able to give you a report, showing your limitations, training zones, suggested calorie intake and recommended training week – based on your results and goals. We will also give you access to the app, which tracks your health 24/7 and integrates with all wearable technology.

**The assessment comprises of several tests depending on your booking and purchase (link to product page)**

*RESTING METABOLIC RATE TEST (RMR)*: This test provides accurate data to the exact amount of calories you use at rest, and how efficiently your body burns fat and carbohydrate whilst at rest.

*VO2 MAX TEST*: This would be done after an RMR test. It analyses how we utilise oxygen and how we can convert it into energy whilst exercising.

These tests provides us with the exact data to accurately design training zones based on heart rate, tell us how efficiently you use different fuel systems,

how your heart and lungs respond to exercise and allow us to design programmes that guarantee results if followed – whether that be weight loss, muscle gain or improved performance.

# OHANA PERFORMANCE INSTITUTE ( METABOLIC TESTING)

We proud to announce that we are officially using medical grade Metabolic Testing device, one of the most advanced and effective biometric labs previously only accessible to professional and elite athletes.

This testing system is the very highest standard of health assessments and data-driven physiology.

Unlock a comprehensive assessment of your health, fitness levels, breathing patterns, training zones, and more.

Empowered with this valuable information, we'll be able to draw up a highly effective and results-driven plan that you can use to train like an athlete to smash your personal bests, lose weight, or increase your physical endurance while lengthening your lifespan.

## WHAT TO EXPECT

During your test, we'll measure and analyse your

system vitals to determine the effectiveness of your breathing, your lungs, your heart, and your cells while burning fat or carbohydrates.

Using the insight we gain, we'll laser-target any weaknesses in your health, nutrition, or fitness and provide you with dietary and personal training advice accordingly.

This is the fastest way to fix your unique challenges as quickly as possible to improve your performance, reduce your weight, and increase your overall health.

## TRACKING YOUR PROGRESS WITH OUR APP.

With this app, you'll be able to track and manage your nutrition, sleep, activity levels, and even mental readiness in a single platform that you can access from anywhere in the world.

Your app will use your personal data to determine your progress in real-time based on your age, weight, and beyond.

The information you can track includes, but is not

limited to:

1. Calories burned
2. Carbohydrates and fat burned
3. V02 Max
4. Metabolic efficiency
5. Heart rate and power

## PERSONALIZED TRAINING ZONES

What Are Training Zones and why They Matter?

If you want to learn how to train like an athlete, then you need to understand your body's training zones.

These zones are based on your heart rate and help you determine when and how you burn the most fat, develop the most endurance, and build the most muscle.

While these zones can usually be determined using

wearables like smartwatches or calculator apps, they might not always be 100% accurate. In fact, some of these readings could be off by up to 25%.

With our Precision Metabolic test, you'll be able to perfectly determine your training zones up to the heartbeat. Then, once your training zones have been determined, the app will synchronise with any wearables.

## How Nutrition Shapes Progress

The Metabolic test helps us determine how your body currently burns carbohydrates and fat, going on to use this information to create a personalised meal plan and nutritional guide that will supplement our personal training advice.

Your wellness blueprint, if you will, will include easy-to-follow meal-plans, recipes, shopping lists, and so much more, and each plan will be based on your body's unique composition.

## Our Metabolic test Is For You

## Improve Your Athletic Performance

You don't have to be a professional athlete to train like one.

OHANA PERFORMANCE INSTITUTE works with recreational athletes and everyday people who want to implement tailor-made programmes to identify and fix key weaknesses in their performance. With our support and personal training advice created with the out Metabolic system, you'll be able to train at a pace and power that suits your body, sustains your current energy output, and tap into world-class resources that were once only available to top athletes and training centres.

## BURN FAT TO LOOSE WEIGHT

You can look and train like an athlete to ramp up your weight loss journey. We'll provide you with the tools you need to understand exactly how many calories you need to burn and consume during different levels of training intensity if you want to achieve your goals.

## INCREASE YOUR HEALTH AND FITNESS

Our personal training advice and programmes are built based on your personal physiology, which means that you'll be able to reach your goals and achieve miraculous results in record time.

This test will not only help you increase your health and fitness, but it will also give you an insightful look into your current cardiovascular, metabolic, and respiratory health. You could even detect problems like COPD, diabetes, and valve issues and ensure you get the right treatment and medication as soon as possible



## **RESTING METABOLIC RATE TEST PROCEDURE (RMR)**

1. Make an RMR appointment online. An appointment is required for this test. You can cancel or reschedule up to 24 hours beforehand.
2. Refrain from strenuous exercising for at least 12 hours before the test. Additionally, refrain from eating for at least 5 hours, and using caffeine or nicotine for at least 6 hours before the test.
3. Lie down on our recliner for about 10 minutes. You'll be breathing into a mask, which will collect your exhaled air and analyze it.
4. Heather Casey will follow up with a detailed report and an action plan with specific recommendations.

## **ACTIVE METABOLIC RATE TEST PROCEDURE**

**During endurance training, it's important to understand how the body produces energy in order to ensure that the proper energy pathways are being**

**activated and trained for your desired gains.**

**If you're going to take the time to put in the hours, you should be sure that you are getting the most out of every minute.**

**With the use of our metabolic analyzer, gain unparalleled insight into the systems of your body that generate power.**

**Identify gaps in your fitness profile that can be used to push through plateaus in your training like never before.**

**The Active Metabolic Analysis Session Includes:**

**Find your ventilatory threshold powers, VO2 Max Fat, and Carb max intensities and utilization rates.**

**A look into your Cardiovascular, Respiratory, Cellular, and Neuromuscular function with regards to exercise performance.**

**An expert breakdown analysis to form a detailed in-depth view of your physiological profile and current fitness levels (and progress with continued**

appointments).

**Training prescription outline based around your goals and the results of your test sent to you and/or your primary coach.**

**An in-depth report included, with a full breakdown of recommendations and how to implement them.**