

Resting Metabolic Rate Test Report



TELOMYX
ADVANCED BODY ANALYTICS

What is your TDEE and why does it matter?

TDEE stands for Total Daily Energy Expenditure - the number of calories your body burns each day.

When designing a nutrition plan to support fat loss or muscle gain, understanding your TDEE is critical to ensure you are eating the right number of calories for you goal.

Remove the guesswork

Using your TDEE to support fat loss goals.

To reduce the amount of fat stored in our body, we need to create a **calorie deficit** which means burning more calories than we consume.

This will signal to the body to tap into stored energy (fat) to meet the extra energy demands of our body that it is not getting from nutrition.

However, a calorie deficit that is **too aggressive** will mean your body may break down muscle as well as fat to meet these needs. Aggressive calorie deficits are also more difficult to sustain consistently over a long period of time, which is the key to a successful fat loss phase.

A **modest to moderate** calorie deficit is the **best approach**. Also, incorporating weight bearing resistance training will also provide stimulus to your body to ensure it prioritises the maintenance of muscle mass during your fat loss phase.

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Using your TDEE to support muscle gain

A calorie surplus can result in two outcomes. If we are providing a stimulus to our muscles through **resistance training**, our body will maintain or **increase our muscle mass**. This is less likely to occur when we are in a calorie deficit because we have fewer calories than we need, and so muscle growth or preservation is not prioritised.

If we do not provide stimulus for muscle growth, these surplus calories will be **stored as fat** for future use.

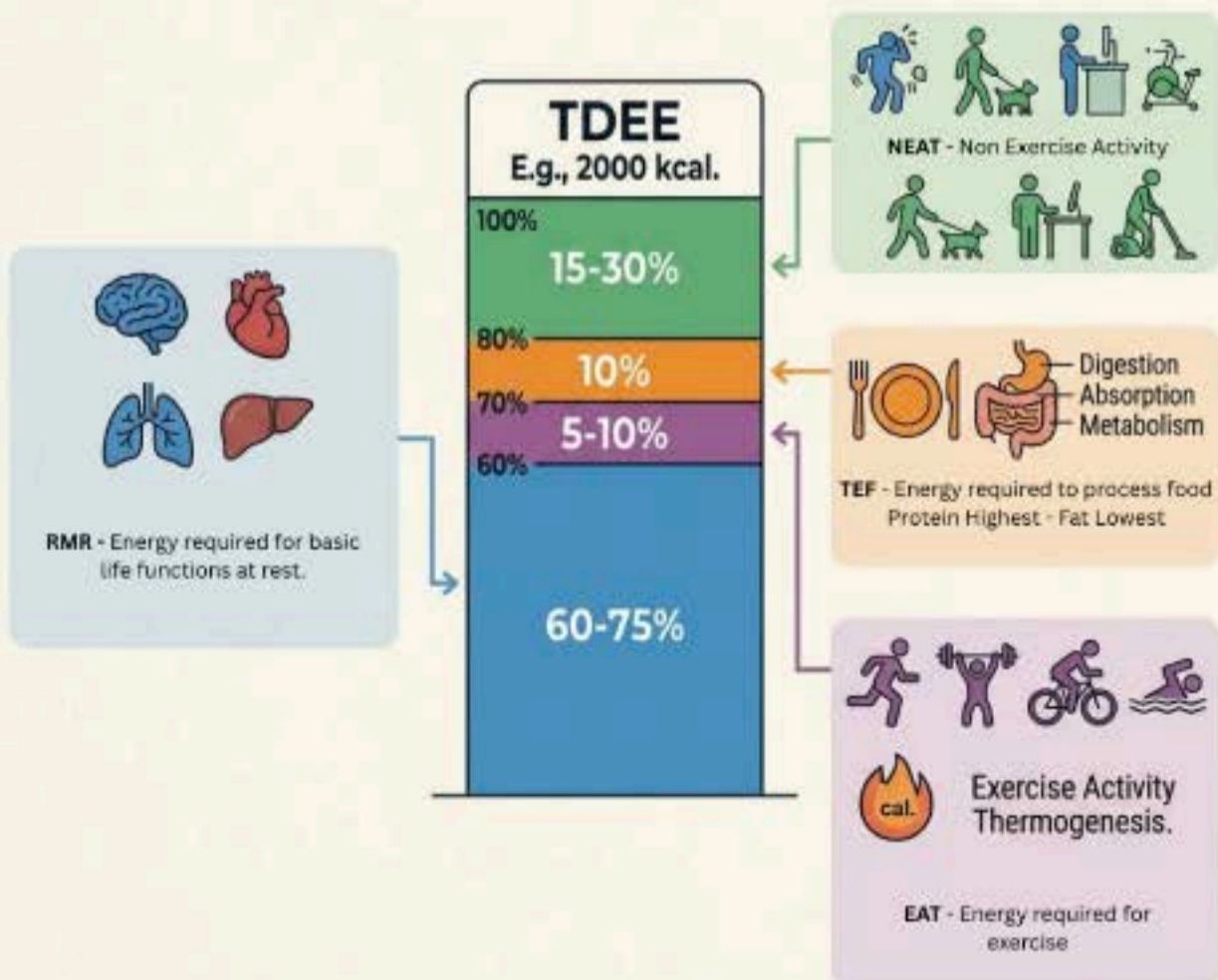
Typically our bodies require only a mild calorie surplus for muscle growth. A lot of people fall into the trap of a calorie surplus that is too aggressive, meaning that they will often put on unnecessary fat.

Understanding exactly how many calories our body requires means we can carefully manage our intake.

How does your TDEE break down?

We all have a different TDEE. How much activity we undertake on a daily basis, how much muscle we have and what we eat all play a part in our daily caloric burn.

TOTAL DAILY ENERGY EXPENDITURE (TDEE) BREAKDOWN IN A TYPICAL ADULT



Resting Metabolic Rate (RMR) \approx 60-75%

Our RMR is the energy required to keep us alive. It is the number of calories we would burn laying down all day doing 'nothing'. It is the largest part of our TDEE and algorithms and calculators **can estimate this incorrectly by up to 500 calories.**

Thermogenic Effect of Food (TEF) \approx 10%

Digesting food requires energy. The type of food we eat affects TEF, protein rich foods require more energy to digest than fat and carbohydrate rich foods.

Non Exercise Activity (NEAT) \approx 15-30%

Movement activity that is not specifically exercise falls under NEAT and includes things like walking around, climbing stairs and even fidgeting,

Exercise Activity (EAT) \approx 10%

The one we all think of when we think about losing weight actually is one of the smallest contributors to our daily calorie burn.



YOUR PERSONAL TDEE CALCULATOR

We have accurately measured the largest component of your TDEE, your RMR, through indirect calorimetry.

The remaining elements of TDEE, your NEAT, EAT and TEF are variable based on the actions you take on a day to day basis.

The calculator below allows you to calculate your target caloric intake to reach your goals.

Green cells are inputs that you should review and amend based on your personal activity.

Your daily RMR is (kcal)

Daily kCals

3,086

as measured with an RMR Test

How active are you outside of exercise?

Select from the dropdown

Sedentary (Minimal daily movement)

I spend most of my day sitting (desk job, driving, relaxing). I do very little walking and rarely exceed ~4,000–5,000 steps per day outside of exercise.

Set your target daily calorie burn for exercise :

Daily kCals

400

type in the number of calories you will target from exercise here - this is best estimated and measured using wearables such as an Apple Watch or Garmin. Whilst not completely accurate, they will give you a reasonable figure to work with.

Set your target daily calorie (deficit) surplus

Daily kCals

(500)

enter a deficit as a negative number, enter a surplus as a positive number

One pound of fat equates to approximately 3500 calories. For a weekly fat loss of 1 pound, aim for a 500kcal daily deficit.

3,661

this is your daily calorie target to achieve your target surplus/deficit

Your TDEE calculation :

	Daily kCals
1 RMR (measured)	(3,086)
2 Thermic Effect of Food	(366)
3 Non Exercise Activity	(309)
4 Exercise activity	(400)
Total Daily Energy Expenditure	(4,161)
Target Caloric Intake From Nutrition	3,661
Calorie Deficit / Surplus	(500)

Notes

- 1 Your RMR has been measured using indirect calorimetry. We now have an accurate measurement of how many calories you burn per day at rest.
- 2 This has been estimated at 10% of your caloric intake, but can range between 6-12% depending on what type of macronutrients you consume.
- 3 Non Exercise Activity - based on your answer to "How active are you outside of exercise?"
- 4 Based on your target daily caloric burn for exercise