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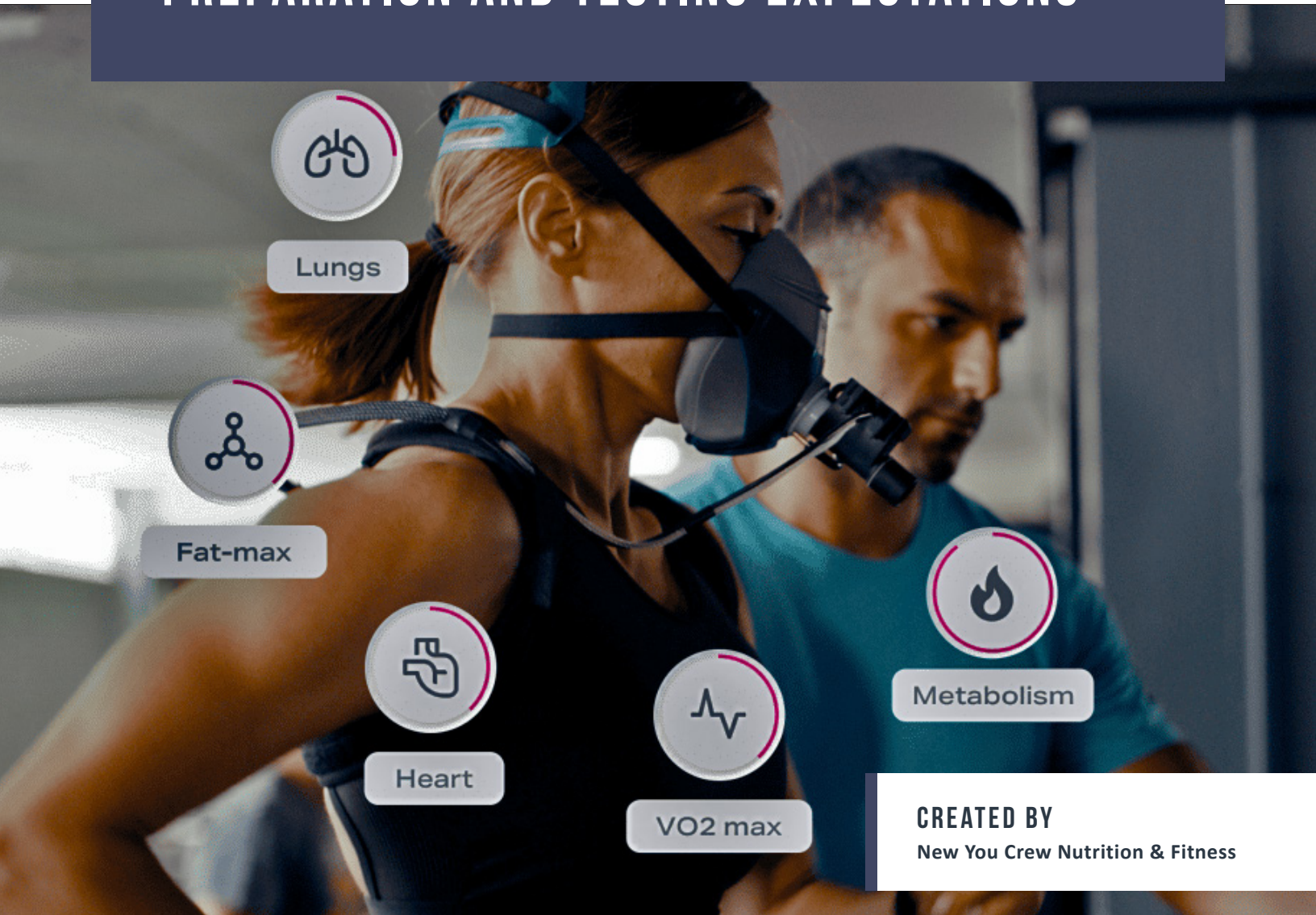
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METABOLIC TESTING

PREPARATION AND TESTING EXPECTATIONS



Lungs



Fat-max



Heart



VO2 max



Metabolism

CREATED BY

New You Crew Nutrition & Fitness

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SCHEDULING

BOOKING A METABOLIC TEST WITH THE NEW YOU CREW

We're thrilled you're interested in understanding how your body functions by the minute. With this data we'll be able to ensure you're training, eating, and recovering optimally to improve your lung health, cardiovascular fitness, body composition, endurance, and strength. The first step is purchasing and scheduling your assessments.

STEP 1 PURCHASE A METABOLIC PACKAGE

1

At The New You Crew, we encourage that you complete both a Resting and Active Metabolic Assessment with hand-crafted metabolic and nutrition programming. For the best results, we offer a \$319 monthly subscription that includes all personalized programming and updated assessments every 60-90 days. If you'd prefer, you can purchase testing and a one time personalized 90-day program for \$1,099 or the assessments without programming for \$329. You can find additional information and purchase your metabolic package at <https://www.thenewyoucrew.com/metabolics>.

STEP 2 SCHEDULE YOUR TESTS

2

After selecting the package that works best for you, you'll be asked to schedule a test. Simply choose the time that works for you and reserve your spot. It's helpful to review the pre-test protocol found in this guide before scheduling, though.

STEP 3 COMPLETE AN INTAKE FORM

3

After scheduling your test you'll receive an email with a link to our intake form. Your test is not confirmed until we receive this intake form, as it contains important information that we need to know prior to preparing your testing protocols. Prior to your test you'll receive an email asking you to confirm your information and set a password on our metabolic data platform.

HEALTHIER THROUGH SCIENCE.



WHY METABOLIC TESTING

Metabolic testing is the ultimate compass of nutrition, training, and health. We bring the most advanced biometric system to elevate your health and performance.

Our metabolic testing will define your metabolic deficiencies and allow us to create a nutrition and training program that improves your longevity, accelerates weight loss, optimizes your breathwork, heart and lung fitness, and metabolism, and protects against metabolic diseases and disorders.

By providing a complete picture of your metabolic and cardiovascular health, we can determine precise health and fitness metrics such as VO2 Max, your Resting Metabolic Rate, and your personalized Training Zones. These data allow us to offer specific and individualized nutrition recommendations and exercise protocols that ensure you're performing at your absolute best.



PRE-TEST PROTOCOL

PREPARING FOR YOUR METABOLIC TEST

The quality of your test results, post-test debrief, personalized report, in-depth consult, and hand-crafted program is directly related to your strict adherence to our pre-test protocol. It's important that we maintain control over as many variables as possible, so please review and agree to the following protocols.

FOOD

Please arrive to your test having fasted for at least 5 hours prior to your appointment time.

EXERCISE

Please do not participate in any intense exercise for at least 24 hours (48 if possible) prior to your appointment time.

CAFFEINE

Please avoid caffeine for at least 8 hours prior to your appointment.

TOBACCO

Please avoid tobacco for at least 5 hours prior to your appointment.

ALCOHOL

Please avoid alcohol for at least 24 hours prior to your appointment.

SLEEP

Please make the intention to get a normal, full, and restful night of sleep the night before your appointment.

MEDICATIONS & SUPPLEMENTS

Please continue your current medication and supplement regimen as normal. If you're required to take either with food, please ensure your appointment is at least 5 hours after eating. We are happy to make adjustments to your appointment time if necessary.

EXERCISE CLOTHING

Please bring or arrive in comfortable exercise clothing. If you're concerned about sweating, you can bring additional clothes to change into after your test. Although we do not have showers available on site, we do have a space for you to change into something more comfortable.

ARRIVING FOR YOUR TEST

WHAT TO EXPECT WHEN YOU ARRIVE



Relationship aren't just something, they're everything.

After you are introduced to your coach, you both will review your intake form, create a profile on our metabolic assessment platform, and confirm basic information about yourself such as your name, contact information, height, weight, age, activity level, and fitness and health goals. This is to ensure that we have the most accurate data from which to analyze your test results and generate your report and program. Together you'll discuss your exercise and nutrition history, any limitations or insecurities you have, and your expectations of the testing experience.

EXERCISE & NUTRITION HISTORY

The types of exercise you're familiar with and details such as duration, speed, pace, incline, power, etc., are important for us to understand what exercise protocol to choose to most accurately complete your test. Additionally, your nutrition history assists us in interpreting your data and ensuring it's accuracy. As uncomfortable and discouraging as it can often be, please try to remain open and honest with your coach. Our goal is to support you in taking steps toward better health, so you'll never experience any judgement in our space. In fact, many of us struggle with the same obstacles.

LIMITATIONS & INSECURITIES

Your metabolic test will require that you wear a mask and exercise to the point of exhaustion. This can be intimidating and dangerous, so it's important to discuss the following:

- Any history of claustrophobia;

- Any medical history;

- Any current or past medications;

- Any hereditary conditions;

- Any insecurities you have related to testing.

YOUR RESTING METABOLIC ASSESSMENT



BEFORE YOUR TEST

After your introductions, your coach will provide you with a Polar H10 Heart Rate Monitor to position around your chest. Your coach will then calibrate our metabolic device and fit a testing mask to your face. You will be asked to test the mask for any leaks and ensure it fits as securely and comfortably as possible. You'll be wearing both a heart rate monitor and mask for approximately 30 minutes, so please be honest about your comfort level during this process.



YOUR RESPONSIBILITIES DURING THE RMA

Your biggest responsibility is to relax. Although this is a unique experience, try and take it as a rare opportunity to relax, without distractions, for 15-20 minutes.

You will lay in our anti-gravity chair, snuggled in a blanket, with legs uncrossed. You won't have access to your smart phone, smart watch, music, or anything that might distract you.

We want you to relax and imagine that you're sitting at a park watching the clouds pass in the sky. As hard as it may be, please do not fall asleep.



YOUR COACH'S RESPONSIBILITIES

Your coach will turn on ambient sounds such as rain, crashing waves, or white noise. With you relaxed and the lights off, your coach will begin your resting metabolic assessment.

After beginning your test, your coach will monitor various data points to ensure the device was calibrated correctly.

Once your coach verifies the accuracy of your test's data collection, they will leave the room and monitor your test remotely. After enough data has been collected to assess your resting metabolic rate, your coach will return and end the test.

YOUR ACTIVE METABOLIC ASSESSMENT



YOUR AMA PROTOCOL

Before you begin your active test, your coach will determine your testing parameters. This process involves determining your base exertion, rate of increase in intensity, and expected point of exhaustion. You can complete this process without the mask while getting comfortable with exercising in a new environment. Once your active protocol is determined, you'll be refitted with the mask and backpack to wear during the test. Don't worry, it weighs less than a smartphone.



YOUR RESPONSIBILITIES DURING THE AMA

Your biggest responsibility is to focus on why you want to improve your health and fitness. This test requires that you push your body to the point of true exhaustion. This can be incredibly uncomfortable, though.

During the test you'll be asked to increase your intensity of exercise over intervals determined by your protocol. You will continue exercising harder and harder until you feel like you have reached the point of true exhaustion.

You will end the test at the point of exhaustion by ceasing exercise and remaining still and silent for at least 2 minutes.



YOUR COACH'S RESPONSIBILITIES

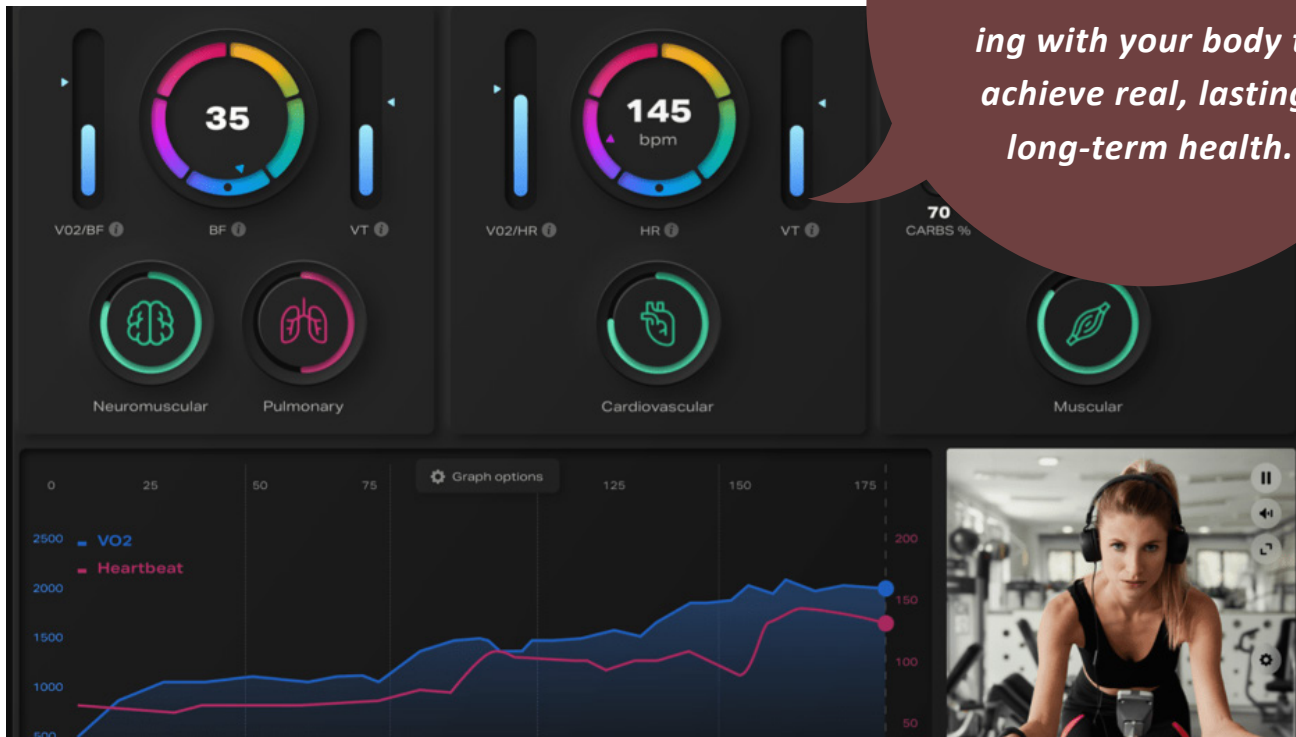
Your coach will select the difficulty of your protocol based on your intake form, pre-test discussions, and pre-test protocol. Your coach will then guide you through a personalized warm up.

Following a warm-up, your coach will increase your exercise intensity over prescribed intervals of time until you reach exhaustion. When you end your test, your coach will transition the test to a cool-down period.

Following your cool-down, your coach will end your test, remove the mask and backpack, and provide you with water and a towel.

YOUR DATA DEBRIEF

Stop working against your body, because it will win. Start working with your body to achieve real, lasting, long-term health.



After you've recovered, hydrated, and removed the testing equipment, you and your coach will review the raw data of your test.

Related to your RMR, you will review data related to your heart rate, respiratory quotient, percentages of carbohydrate and fat burn, and breathing rate. You'll leave with a general understanding of how much food, and from which sources, your body requires at rest.

Related to your AMA, you will review your trends in oxygen and carbon dioxide exchange, VO2 peaks and VO2Max, shifts in energy utilization between fats and carbohydrates as fuel, and heart rate trends related to exertion and intensity levels.

For both your RMA and AMA data, you can request a print out of raw data reviewed by your coach. These data are subject to change as our metabolic experts review your data and generate your reports.

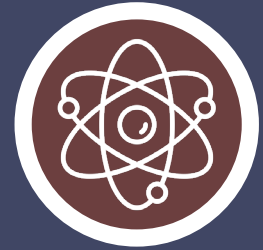
We understand that you want concrete data and recommendations after

working so hard to rest and reach exhaustion. In order for us to provide you the best interpretation of data possible, we require 24 business hours to analyze and finalize your reports.

While you wait for the polished version of your data, your coach will begin working on your personalized nutrition and training plans.

Although waiting isn't the most fun, we're confident that taking the time to dive deep into your data is the only way to provide you with the best possible experience and results.

PRECISION RMR REPORT



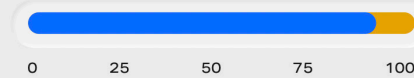
WHAT YOU'LL LEARN

Our multi-page RMA report includes the following:

- Your resting metabolic rate;
- Your metabolic fitness;
- Your overall fat burn efficiency;
- Your body's preferred fuel sources;
- Your risk for diabetes;
- Your lung & heart fitness;
- Your ideal macronutrient split;
- Your breathing & posture efficiency;
- Caloric intake recommendations for weight maintenance and moderate and medically supervised weight loss programs.

Fuel Sources

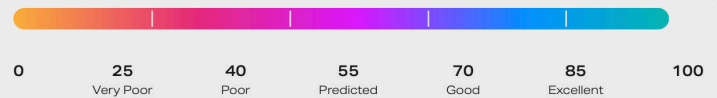
Your body uses a mixture of carbs and fats to produce the energy needed to sustain life and power daily activities. High reliance on fat as a fuel source is one of the most reliable indicator of cellular health and is strongly associated with low likelihood of weight gain or weight re-gain.



- Fats
- Carbohydrates

Your metabolism uses an energy mix of 90% fats and 10% carbohydrates to produce energy

Fat Burn Efficiency 95%



Top 10% in your age group

What it means

It's the gauge of your cells' ability to use fat as a fuel source during exercise. Your cells primarily "burn" fats and carbohydrates to release the energy they contain and power your body's movement. The higher your Fat-burning Efficiency, the more your cells will rely on fats as a fuel source. Fat-burning Efficiency is also one of the most vital indicators of cellular health.

Why it's important for your performance

Fat is a fuel source that's abundant and sustainable for your body. It's abundant since the average person typically carries ~30,000 kcal worth of fat (vs. ~2,000 kcal worth of carbs) and sustainable because it doesn't produce fatigue to the working muscles when used. Therefore, the higher your Fat-burning Efficiency, the higher your ability to exercise longer and harder.

Why it's important for your wellness

Fat is a fuel source that requires oxygen to be "burnt." The more oxygen your cells can absorb and use, the healthier they are and the more they can rely on fat as a fuel source. That's why Fat-burning Efficiency is one of the most powerful indicators of cellular health, a metric that's strongly correlated with longevity and health.

PRECISION FITNESS REPORT



WHAT YOU'LL LEARN

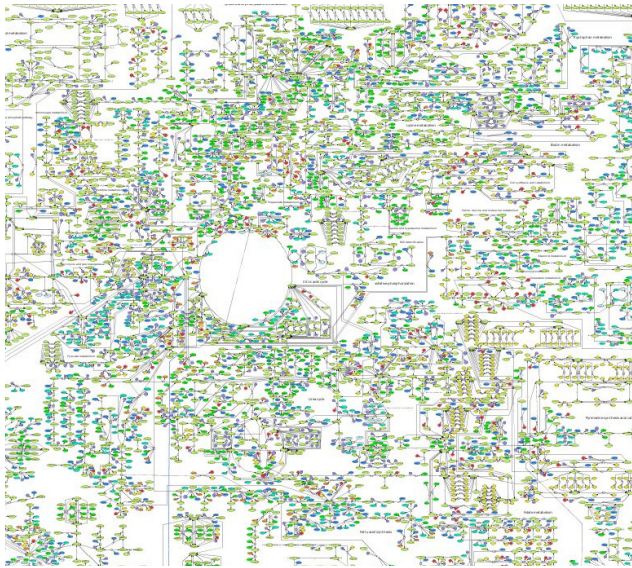
Our multi-page AMA report includes the following:

- Your cardiovascular fitness;
- Your custom heart rate training zones;
- Your breathing efficiency;
- Your body's fuel usage across intensities;
- Your risk of heart disease;
- Your recovery capacity;
- Your aerobic health;
- Your high intensity performance;
- Specific training recommendations to improve any metabolic limitations that you have.

Overview



YOUR FOLLOW-UP CONSULTATION



METABOLIC TESTING IS COMPLEX

Even though our reports and data are compact, they're still complicated. The image to the left is just a small snapshot of the complexity of metabolic reactions occurring inside of your body at any given moment.

You'll receive a 30-minute consultation after your data is analyzed and reports are generated. These consultations can be conducted at the office or over Zoom.



YOUR RESPONSIBILITIES DURING THE CONSULT

Remain open minded and graceful with yourself, as sometimes we aren't thrilled by our test results. These results are simply data from which we can work on making targeted improvements to our health, training, and body composition.

Ask questions and be sure that you understand exactly what the data in your reports means to you. We want you to leave with a full understanding of what you invested your time and money into. Otherwise, what's the point?



YOUR COACH'S RESPONSIBILITIES

Your coach will walk you through both the data reviewed in your debrief and the reports we've generated from that data.

Your coach will help explain these data in a simple to understand way that you can apply to your diet, lifestyle, and training.

Your coach cannot offer any medical advice, and any related questions need to be directed to your primary care physician or another medical professional.

ONGOING METABOLIC SUPPORT



LEVERAGING YOUR TESTING DATA

If you purchased our metabolic packages with ongoing nutrition and training support, we'll create a comprehensive program that's uniquely designed around your basal metabolic rate, preferred fuel sources, and cardiovascular fitness.



ONGOING NUTRITION SUPPORT

Using the data from your resting metabolic assessment, our coaches and team of Registered Dietitians will craft a 12-week macro and/or meal plans that perfectly fit into your metabolic needs, health and fitness goals, and food preferences.



ONGOING TRAINING SUPPORT

Using data from your active metabolic assessment, our coaches and team of fitness professionals will design a 12-week fitness program that meets your body's metabolic needs of aerobic, high intensity, and strength training splits. Your training will be programmed and tracked on our coaching application.

WE APPRECIATE YOUR BUSINESS

Thank you for your interest in metabolic services with The New You Crew.

STAY IN TOUCH

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