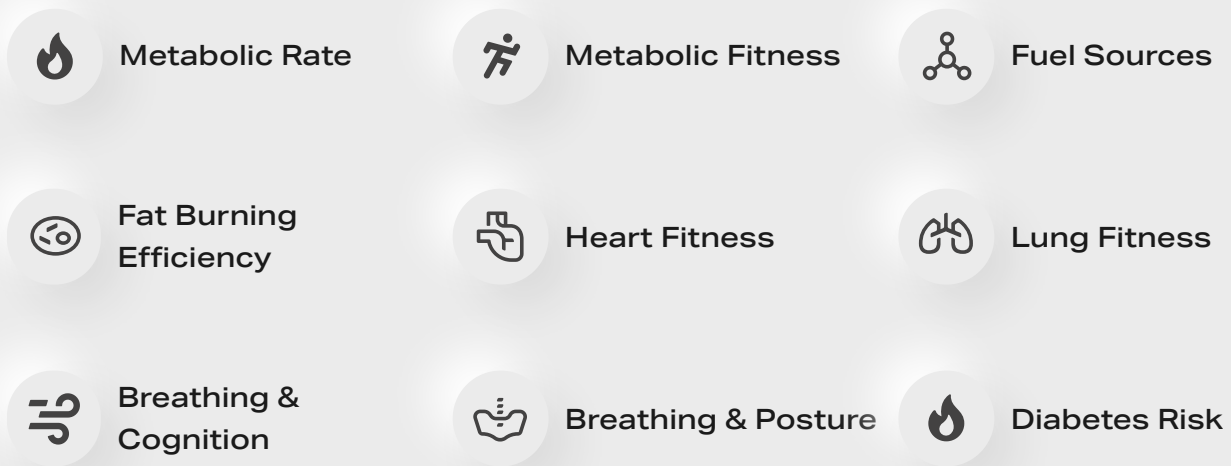
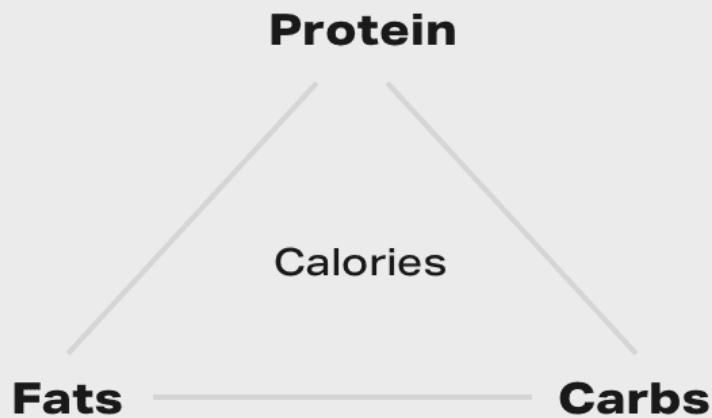


## PNOĒ Resting Metabolic Rate (RMR) Report

### Metrics Assessed

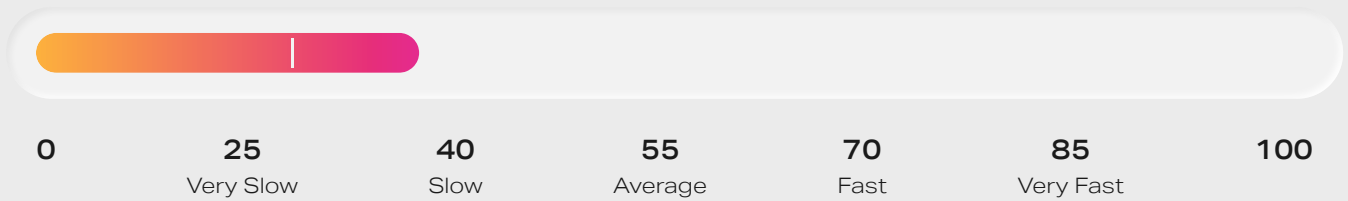


### Optimal Calorie & Macronutrient Intake



# Metabolic Rate

Resting Metabolic Rate: 1648 kcal



Top 91% in your age group

## What it means

It's a gauge of how fast or slow your metabolism is. In other words, whether your body is burning more or fewer calories than what's predicted based on your weight, gender, age, and height.

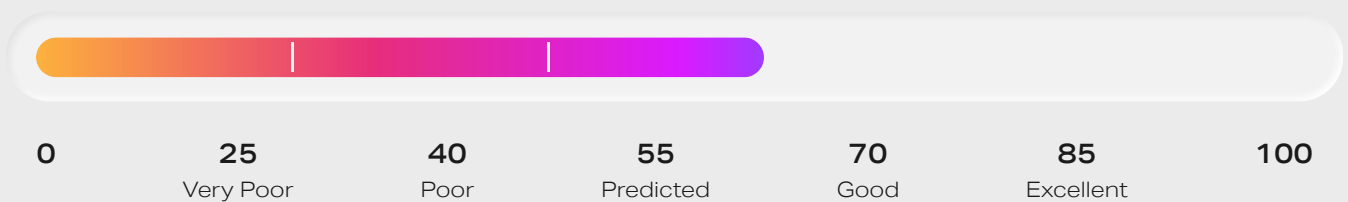
## Why it's important for your performance

A high Metabolic Rate (i.e., having both a high Resting Metabolic Rate and low mechanical efficiency) indicates low levels of training fatigue accumulations. Reduction in Resting Metabolic Rate and/or increase in Mechanical Efficiency in low exercise intensities are highly correlated with unsustainable accumulation of exercise strain.

## Why it's important for your wellness

A high Metabolic Rate will protect you from weight gain as your body will burn more calories allowing you to eat more without gaining weight. It also facilitates weight loss as burning more calories means that even a modest restriction in food intake will result in a meaningful calorie deficit and weight loss. A high Metabolic Rate is attained through a high Resting Metabolic Rate and a low Mechanical Efficiency in low exercise intensities.

# Metabolic Fitness 57%



Top 54% in your age group

## What it means

It's a gauge of how well your body converts nutrients (e.g. fats and carbohydrates) into the energy it needs to move and sustain its vital functions (e.g. brain, heart, neurological function). It's based on how many calories your body burns relative to your weight, age, and gender (i.e. Metabolic Rate) as well as on how efficiently your cells utilize fat as a fuel source (i.e. Fat-burn Efficiency).

## Why it's important for your performance

A high Metabolic fitness score may indicate a low risk of cardiovascular and metabolic disease such as Type II diabetes. It's also a strong factor against weight gain or weight regain.

## Why it's important for your wellness

A high Metabolic fitness score may be a strong indicator of a well-rested body and ability to sustain high exercise volume.

## Fuel Sources

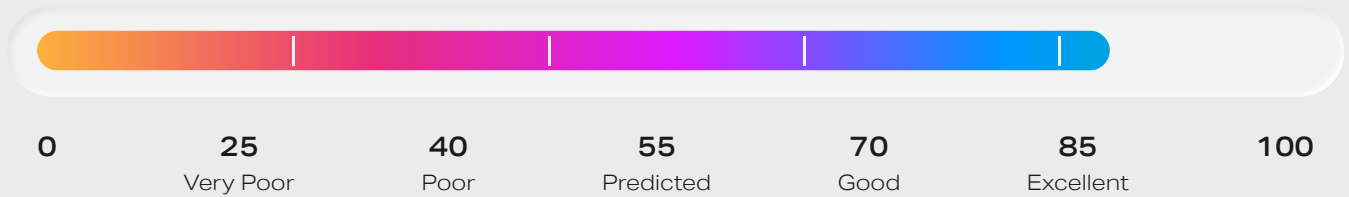
Your body uses a mixture of carbs and fats to produce the energy needed to sustain life and power daily activities. High reliance on fat as a fuel source is one of the most reliable indicator of cellular health and is strongly associated with low likelihood of weight gain or weight re-gain.



- Fats
- Carbohydrates

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

## Fat Burn Efficiency 84%



Top 18% 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.

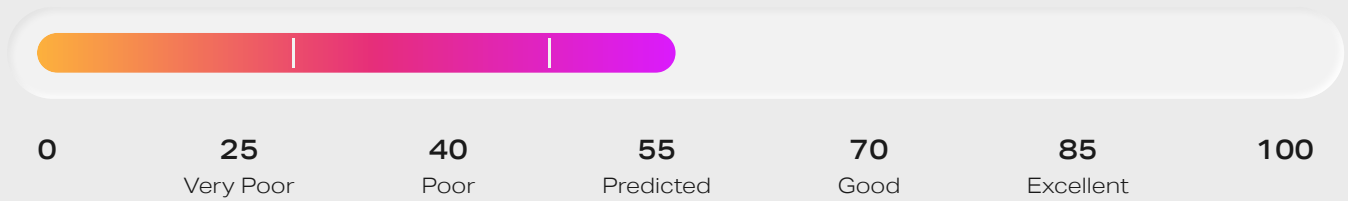
### Why it's important for your performance

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.

## Heart Fitness 50%



Top 49% in your age group

### What it means

It's a gauge of your cardiovascular system's fitness and a risk factor for heart related conditions. It's assessed by collectively analyzing breath biomarkers such your breathing frequency with the spectrum of your heart rate variability (i.e. Low & High Frequency bands).

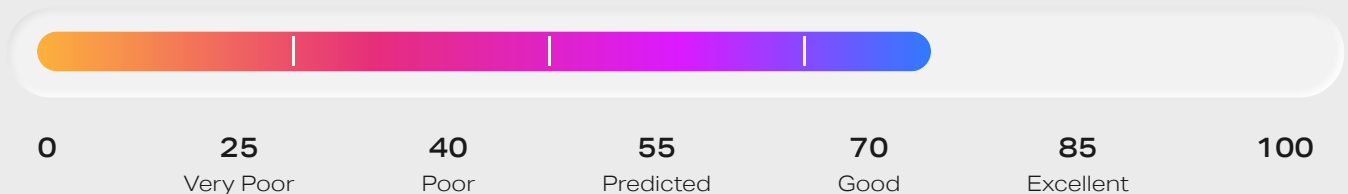
### Why it's important for your performance

A high heart fitness score indicates improved parasympathetic nervous system activity, ability to recover from intense physical activity and capacity to withstand high workout volumes.

### Why it's important for your wellness

A high heart fitness score indicates improved parasympathetic nervous system activity, low psychosomatic stress levels and reduced risk of developing cardiovascular disease.

## Lung Fitness 70%



Top 30% in your age group

### What it means

It's a gauge of your lung fitness a risk factor for respiratory related conditions. It's assessed by collectively analyzing your tidal volume, breathing rate and forced exhale volume when your PNOË test is combined with a spirometry test.

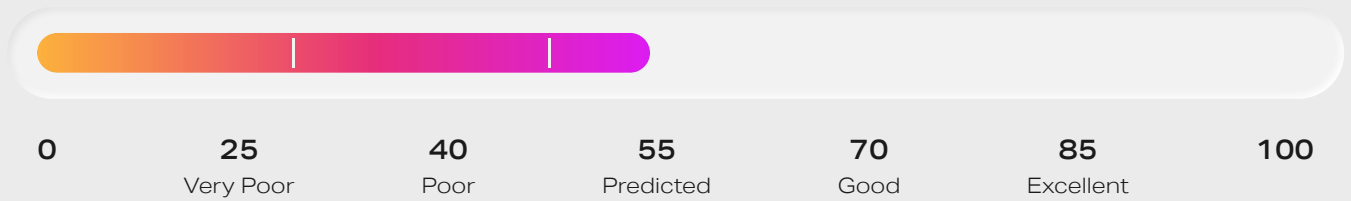
### Why it's important for your performance

Oxygen is the most critical element of performance as it constitutes the necessary ingredient your body needs to burn nutrients and produce the energy it needs to move and function. The bigger your lungs, the more oxygen you can absorb, the more you can exercise for longer and more intensely.

### Why it's important for your wellness

Oxygen is the most critical element for a long and healthy life as it constitutes the fundamental ingredient cells use to operate and thrive. The bigger your lungs, the more oxygen you can absorb and deliver to your cells.

## Breathing & Cognition 48%



Top 57% in your age group

### What it means

It's a gauge of how your breathing affects your brain function and ability to think.

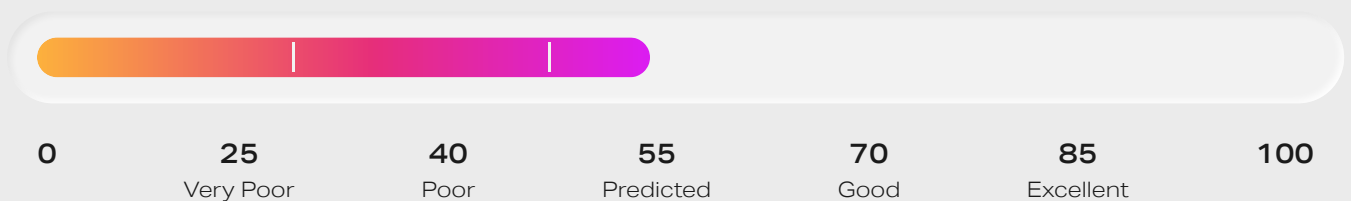
### Why it's important for your performance

Hyperventilation during training reduces oxygen delivery to the brain almost immediately, causing you to react slower and respond less effectively to situations requiring rapid reflexes. Hyperventilation doesn't only occur during high exercise intensities. More than 30% of athletes suffer from subtle breathing abnormalities in low to medium exercise intensities impacting their cognitive capacity during most of their athletic performance.

### Why it's important for your wellness

Hyperventilation is considered one of the most common but under-diagnosed conditions that severely impact the quality of life in our society. It's estimated that 15% of the population chronically hyperventilates, with only a handful knowing about it. Chronic hyperventilation reduces cognitive capacity at work, increases feelings of fatigue, and is associated with higher rates of anxiety and panic attacks.

## Breathing & Posture 48%



Top 57% in your age group

### What it means

It's a gauge of how your breathing affects your posture, likelihood of myoskeletal injury, and lower back pain.

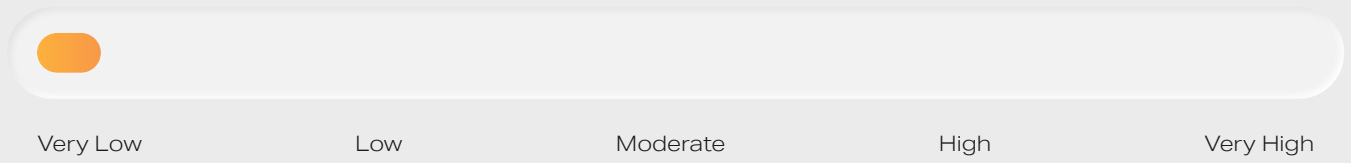
### Why it's important for your performance

Abnormal breathing patterns are critical contributors to myoskeletal injuries across all sports. Moreover, they directly reduce performance in endurance sports by lower movement economy and increasing the rate with which your body accumulates fatigue. Alleviating breathing abnormalities that destabilize your core is one of the easiest and most impactful wins in your training.

### Why it's important for your wellness

Abnormal breathing patterns are the most significant risk factor for myoskeletal problems like lower back pain which currently represent the most significant burden to health systems and one of the most important factors reducing the quality of life. Correct breathing will vastly improve posture, feelings of myoskeletal pain, and quality of life.

# Diabetes Risk

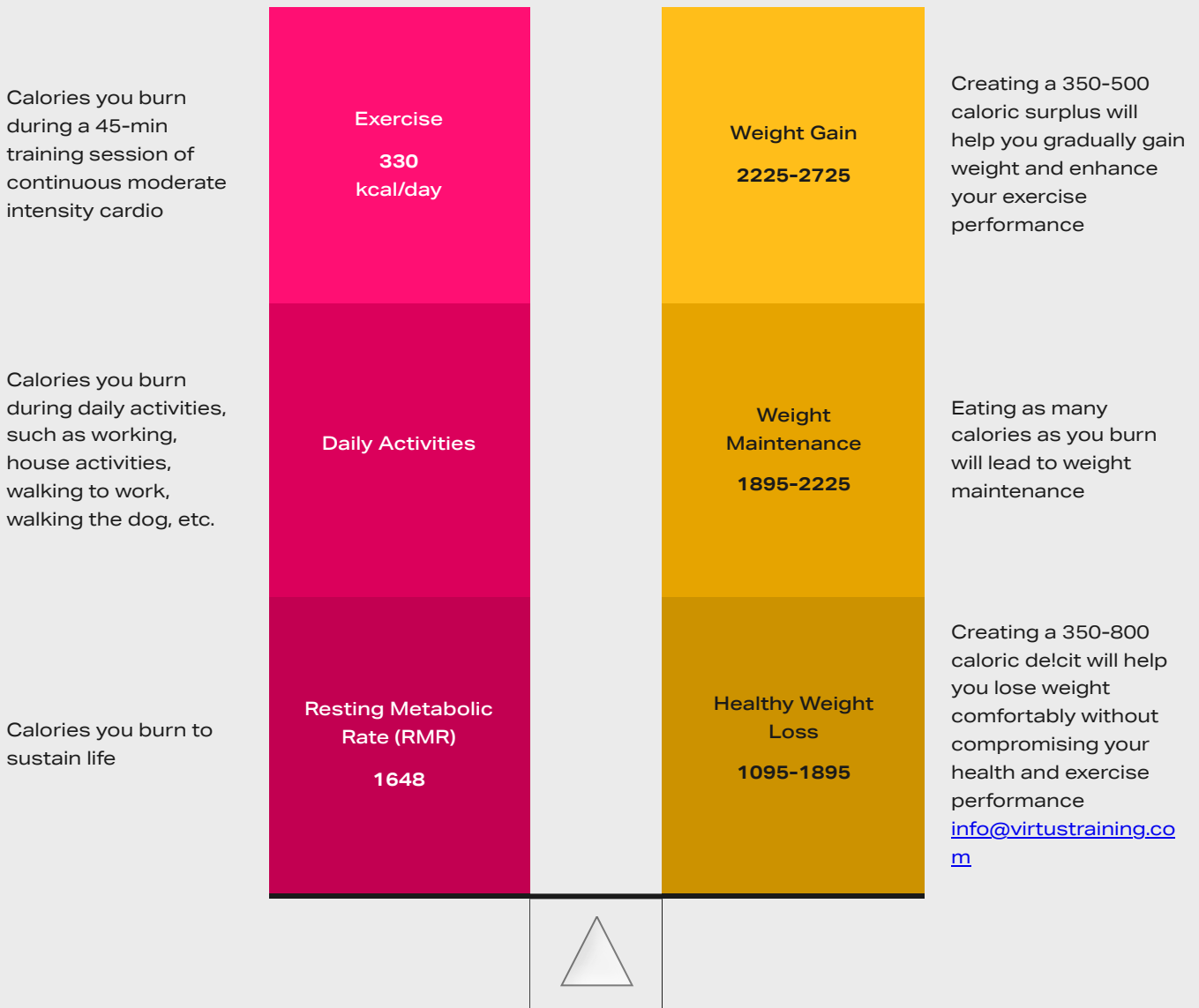


**Top 18% in your age group**

## What it means

This metric provides an indicator for the list of developing Type II Diabetes. It's calculated based on your ability to utilize fat at rest in conjunction with your breathing mechanics (e.g. breathing rate) which studies have shown to provide early signs of the disease even before fasted elevated blood glucose occurs.

Coach  
**Erik Arevalo**



**You Burn**

During days you dont work out  
**1895**

During days you work out  
**2254**

**You should eat**

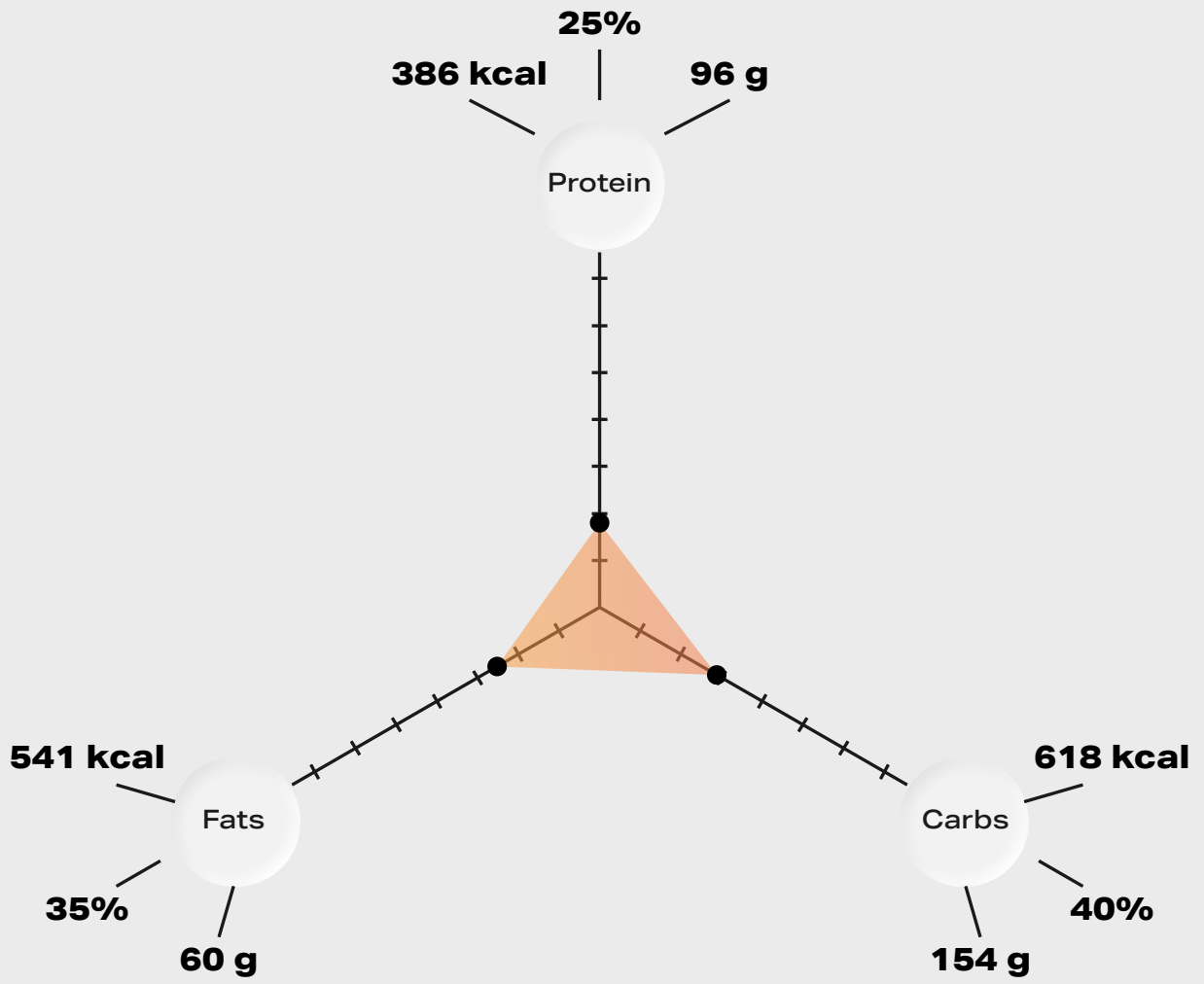
During days you dont work out  
**1545**

During days you work out  
**1904**

The Assessment is intended for information purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Consult your physician before engaging in an exercise program and/or changing your diet as a result of the information provided by this Assessment. Participating in any workout regimen may result in an increased risk of physical injury based on the nature, frequency, intensity and duration of the workout regime

# Macronutrient Balance

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Thanks for joining the  
PNOË community.  
We are here for you  
whenever you need us.

Your next assessment  
should be scheduled on:  
01/02/2022

01/02/2022

**PNOË**

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