



# Metabolic Rate Testing

Everything you eat and do affects the rate at which your body burns calories. Knowing your metabolic rate can help determine how many calories your body needs to lose weight, maintain current weight or gain weight.

Testing takes only 20-30 minutes and is helpful when:

- You think your metabolism (burning calories) may be slow
- Your current weight loss plan (diet) is not working
- You need help designing a weight loss plan that will work for you
- You have hit a plateau with your weight loss

Based on your results our dietitians can recommend an appropriate calorie goal tailored just for you.

Cost: \$70

**Appointment required – to schedule, call 540-536-0010 or email [wmcbariatric@valleyhealthlink.com](mailto:wmcbariatric@valleyhealthlink.com)**

347 Westside Station Drive, Winchester, VA  
[valleyhealthlink.com/bariatricprogram](http://valleyhealthlink.com/bariatricprogram)

 **ValleyHealth**  
Metabolic & Bariatric Program