METABOLIC ASSESSMENT

Ideal if you feel like your metabolism has slowed, you've hit a weight loss plateau, or you're struggling despite "doing everything right." Sometimes just a few calories make all the difference.

Pricing

Metabolic Testing + Full Personalized Report $299

About

Our Breezing® metabolic test uses gold-standard technology to measure how your body burns energy at rest. **You'll receive an in-depth 8-page report along with a personalized exercise and diet plan tailored to your results.** Each test is reviewed by Dr. Kesa, board-certified in Obesity Medicine, who provides expert commentary to ensure you fully understand your results and how to use them to reach your goals.

What to Expect

- Avoid exercise and stimulant medications for 12 hours prior
- Arrive fasting (8 hours) for best accuracy. Water/Tea ok, as long as there is no added sugar.
- Take the elevator, no stairs.
- Sit and relax while your breathing is measured for about 10 minutes
- Quick, non-invasive, in-office test
- Receive your personalized results and plan within 3–5 days

Schedule your treatment at myTrimMD.com or by calling our office at 317-548-4666.