

Metabolic Testing



Where

Rutgers Tech Gym & Spa

When

Contact the Rutgers Tech Gym & Spa at 732.932.1442 to schedule an appointment.

Prices

Students \$25

Faculty/Staff/Members \$45

How many calories should you be eating every day to lose, gain or maintain weight?

The Rutgers Tech Gym & Spa offers Metabolic Testing, which determines how many calories your body burns at rest. Once this is determined, a daily caloric range, specific for you, can be determined to help you achieve your weight goals.

Contact

To make an appointment for Metabolic Testing call Rutgers Tech Gym & Spa at 732.932.1442 or email Anne Finetto at acarlson@rci.rutgers.edu. Payment must be made at the time the appointment is scheduled.

Appointment Details

Each appointment takes 45-60 minutes to complete. Individuals cannot eat, drink or exercise for 4 hours prior to the appointment. For smokers, no smoking for 4 hours prior as well. Failure to follow these rules will affect the outcome of the test.