Understanding your Metabolic Age and Basal Metabolic Rate (BMR)

What is your Metabolic Age?
Metabolic age is a number that comes from comparing your Basal Metabolic Rate (BMR) with BMR average of your age group. A metabolic age number younger than your actual age generally means that you are fitter and in better health than the average person, (based your DIY results assessed against average statistical data).

An older metabolic generally points towards being less healthy and fit than your peers, (based your DIY results assessed against average statistical data). A metabolic age rating, is easily understood by those who have no science background.

What is Basal Metabolic Rate (BMR)?
Your Basal Metabolic Rate (BMR) is the minimum level of energy or calories your body needs, when at rest, to function effectively.

Understanding your BMR will allow you to monitor the number of calories your body needs according to your physique and lifestyle. The more muscle or general activity a person does the more calories they require.

Energy is used when doing any kind of activity however; the more vigorous the activity the more calories are burned. This is because skeletal muscle (which accounts for approximately 40% of your body weight) acts as your metabolic engine and uses a large amount of energy. Your BMR is greatly affected by the quantity of muscles you have, therefore increasing your muscle mass will help increase your basal metabolism. The more muscle you have, the more calories you burn every day!

Interpreting your results
Knowing your BMR and metabolic age can help you make educated decisions about calorie consumption, activity, fat loss, and how to keep and gain lean mass. Look at your results and compare them to the recommended ranges, and set realistic goals for improvement. If you have a goal of improved health and fitness, BMR and the metabolic age number are good ways to track your progress.