DexaFit Scottsdale Announces Regional Availability of Resting Metabolic Rate Testing

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SCOTTSDALE, AZ - February 12, 2026 -
DexaFit Scottsdale has announced that its Resting Metabolic Rate (RMR) testing service is now available to clients in Scottsdale and surrounding areas, including Phoenix, Paradise Valley, and Fountain Hills. The service provides individuals with precise information about the number of calories their bodies burn at rest, offering valuable insights into metabolism and energy expenditure.

The RMR test measures how much oxygen a person consumes while at rest, a key factor in determining baseline caloric needs. This information forms the foundation for tailoring nutrition and activity strategies, helping individuals avoid the common pitfalls of guesswork when setting goals related to weight management, fitness, or overall health. With the introduction of this service to additional locations, DexaFit Scottsdale is extending access to a tool long valued by researchers, clinicians, and performance professionals.

Chris Brubaker, owner of DexaFit Scottsdale, emphasized the importance of offering this type of assessment

to the broader community. ?Metabolism plays a central role in health, yet many people rely on estimates or generic charts to guide their choices,? Chris Brubaker said. ?RMR testing delivers individualized data. By understanding how the body expends energy at rest, people are better equipped to make decisions about nutrition, exercise, and recovery.?

The test is conducted in a controlled environment, typically involving the participant resting in a reclined position while wearing a mask that measures oxygen consumption and carbon dioxide production. The process is non-invasive and usually takes less than 30 minutes. The results reveal the body?s baseline caloric requirements, which can vary widely between individuals based on factors such as age, body composition, and genetics. This information can be integrated into meal planning, training programs, and long-term health strategies.

Unlike predictive equations or online calculators, which often generalize energy needs, RMR testing provides direct measurement. This precision allows individuals to identify discrepancies between perceived and actual caloric expenditure, reducing the likelihood of frustration from ineffective diets or stalled progress. For athletes, the data can support performance optimization by ensuring that energy intake aligns with training demands. For others, it may help uncover metabolic changes associated with aging or health conditions.

Health researchers have long pointed to the importance of metabolism in shaping outcomes across a wide spectrum of wellness goals. Slow or fast metabolic rates can significantly affect weight management, energy levels, and even the ability to maintain lean body mass. By offering this test locally, DexaFit Scottsdale is making a tool that has been widely used in sports labs and hospitals accessible to the general public.

The broader significance of introducing RMR testing into community settings is tied to the shift toward preventive care. Rather than waiting for health concerns to arise, individuals are increasingly turning to measurable data to monitor risk factors and guide their daily habits. RMR testing fits into this approach by delivering objective information that can inform sustainable changes in diet and lifestyle before larger issues develop.

Chris Brubaker explained that the service is not intended to provide prescriptive medical advice but rather to complement it. ?The company?s role is to deliver accurate data that individuals can take to their physicians, dietitians, or coaches,? Chris Brubaker said. ?This information adds context and clarity, helping people and their advisors make choices grounded in real numbers rather than assumptions.?

Since opening earlier this year, DexaFit Scottsdale has seen growing demand for services that provide measurable insights into health and performance. The addition of RMR testing for Phoenix, Paradise Valley, and Fountain Hills reflects this demand and supports the company?s aim of offering advanced assessments in a community-based environment. By bringing these tools to more people, the organization is helping

individuals bridge the gap between clinical science and everyday wellness.

As interest in metabolic health continues to rise, services like RMR testing are expected to play a larger role in personal health management. Individuals seeking weight control, improved athletic performance, or a deeper understanding of their physiology can benefit from knowing their unique resting energy expenditure. For many, the test provides a clearer path forward, reducing the uncertainty that often accompanies attempts to change health behaviors.

DexaFit Scottsdale?s announcement underscores its commitment to providing accurate, science-based assessments to the communities it serves. The availability of RMR testing in Scottsdale and neighboring areas represents another step toward making advanced health insights more widely accessible. With metabolism at the center of so many aspects of well-being, the service offers residents a chance to better understand their bodies and make data-supported choices.

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DexaFit Scottsdale

At DexaFit Scottsdale, clients tap into precision health data to improve fitness, longevity, and body composition. Services include DEXA scans, VO2 Max testing, Resting Metabolic Rate analysis, and 3D Movement Assessments enhanced by AI insights.

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