

WWW.BOXNUTRITION.CO.UK

Metabolic Testing

Perform better. Look better. Feel better.

Box.



About Box

Box Nutrition provides tailored diet solutions and metabolic testing to help you become the best you can be, whether you're a competitive athlete or just want to improve your fitness.

Our evidence-based approach to coaching clients avoids FADs and quick fix diets, but follows a proven framework that gets results.

BOX NUTRITION

Who we are

Jack Braniff is the founder of Box Nutrition.

Jack is a registered sports nutritionist (SENr, CISSN), has his Masters degree (MSc) in Sports and Exercise nutrition, is a member of the British Dietetics Association, author of *Fuelling The Functional Athlete* and an accredited UKAD anti-doping advisor.

BOX NUTRITION



Still not getting results?

- Are you working hard but not getting the results you want?
- Are you looking to get in better shape?
- Are you looking to improve how you perform in your sport?
- Are you confused about what works and what doesn't?

BOX NUTRITION



The background of the entire image is an abstract composition. It features a variety of green and blue spheres of different sizes, some with a textured, almost crystalline surface. These spheres are scattered across the frame, with a higher concentration on the left side. Overlaid on this are numerous thin, white, wavy lines that curve and swirl, creating a sense of motion and depth. The overall color palette is dominated by various shades of green and blue, with some white highlights from the wavy lines and the text.

We can find out

The process of how your body uses carbohydrates and fats for energy is called metabolism.

We can measure this through metabolic testing.

BOX NUTRITION

A background image of professional cyclists racing. In the foreground, two cyclists in blue and black 'Quick-Step' jerseys are in a crouched position on their bikes, pedaling hard. They are wearing helmets and sunglasses. In the background, other cyclists in red and black jerseys are visible, slightly out of focus. The scene is outdoors on a sunny day.

Metabolic Testing

Metabolic testing is what elite athletes use to know what to eat and how to train effectively.

And we can do it for you.

BOX NUTRITION

Box Nutrition makes elite level metabolic testing easy and accessible

By using state of the art equipment and methods, metabolic testing enables us to analyse your data and provide you with the most accurate nutrition and workout plan completely bespoke to your individual requirements.

What we test.



RMR Test

What is it? Using indirect calorimetry we measure how much energy (calories) you burn at rest.

Why is it useful? This information can be used to establish how much you need to eat for your goals and activity. It also enables us to see if you use more carbohydrates or fat for energy.

Who is it for? Anybody who would like to know how many kcals they require for fat loss, muscle gain or to maintain.

BOX NUTRITION



VO2 Max Test

What is it? A VO2 test assesses an athlete's aerobic capacity.

Why is it useful? This information can help determine how aerobically fit you are, pinpoint your aerobic and anaerobic thresholds and can be used to establish personalised heart rate training zones.

Who is it for? In particular athlete's who want to determine their heart rate zones and thresholds (aerobic, anaerobic), or anyone who wants to assess their current aerobic fitness levels and improve their endurance performance.

BOX NUTRITION

Fat Max Test

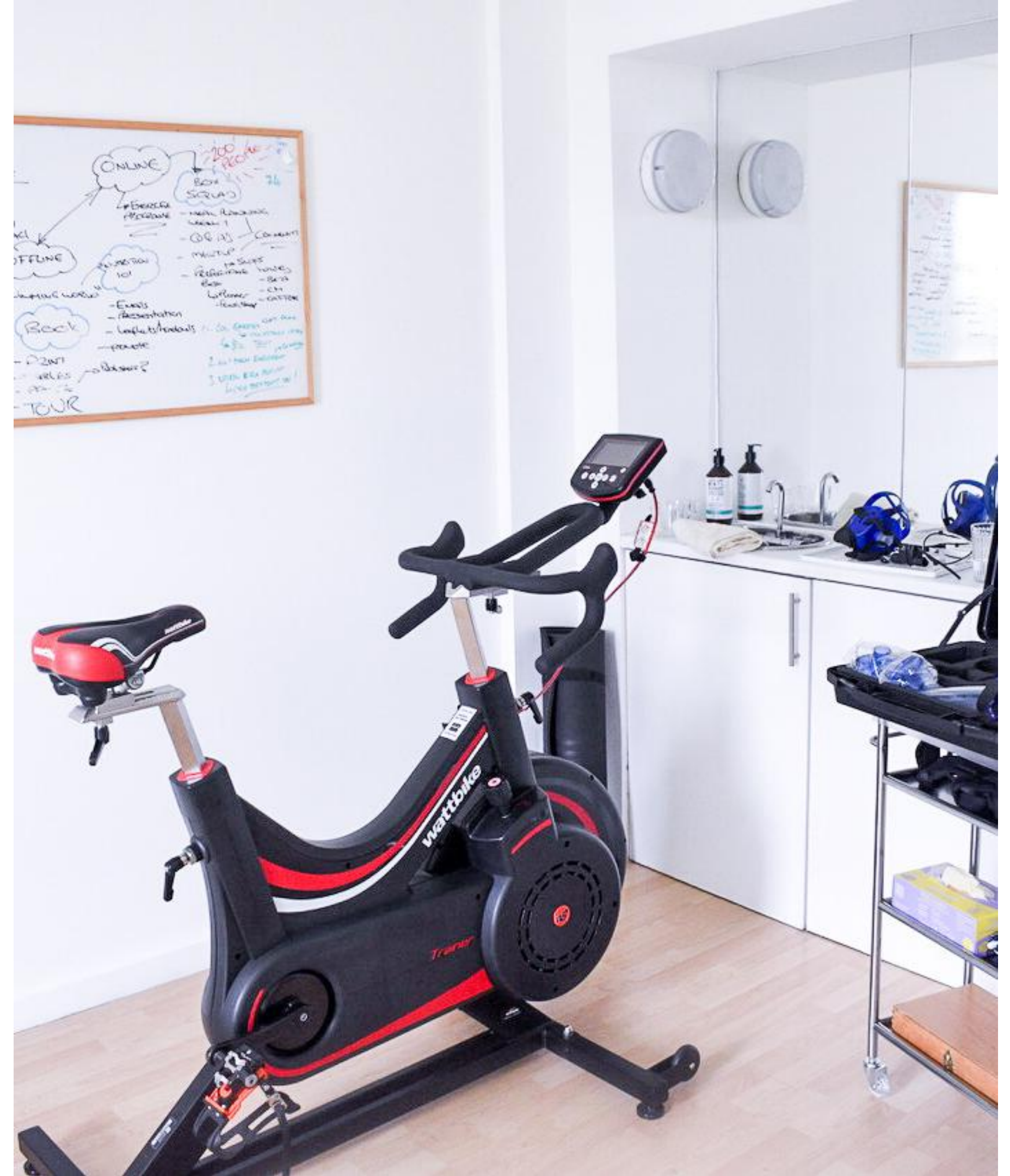
What is it? The fat max test is an exercise protocol that measures the use of carbohydrate and fat for energy.

Why is it useful? The fat max test can help determine which intensity of exercise is best suited for increased total fat oxidation (burning).

Who is it for? This can be useful for endurance athletes training for long distance events (70.4, ironman and ultra) and individuals interested in body composition.

**Included with VO2 Test*

BOX NUTRITION



Analysis

After your test, we analyse your data and provide you with your full results analysis and nutrition breakdown.

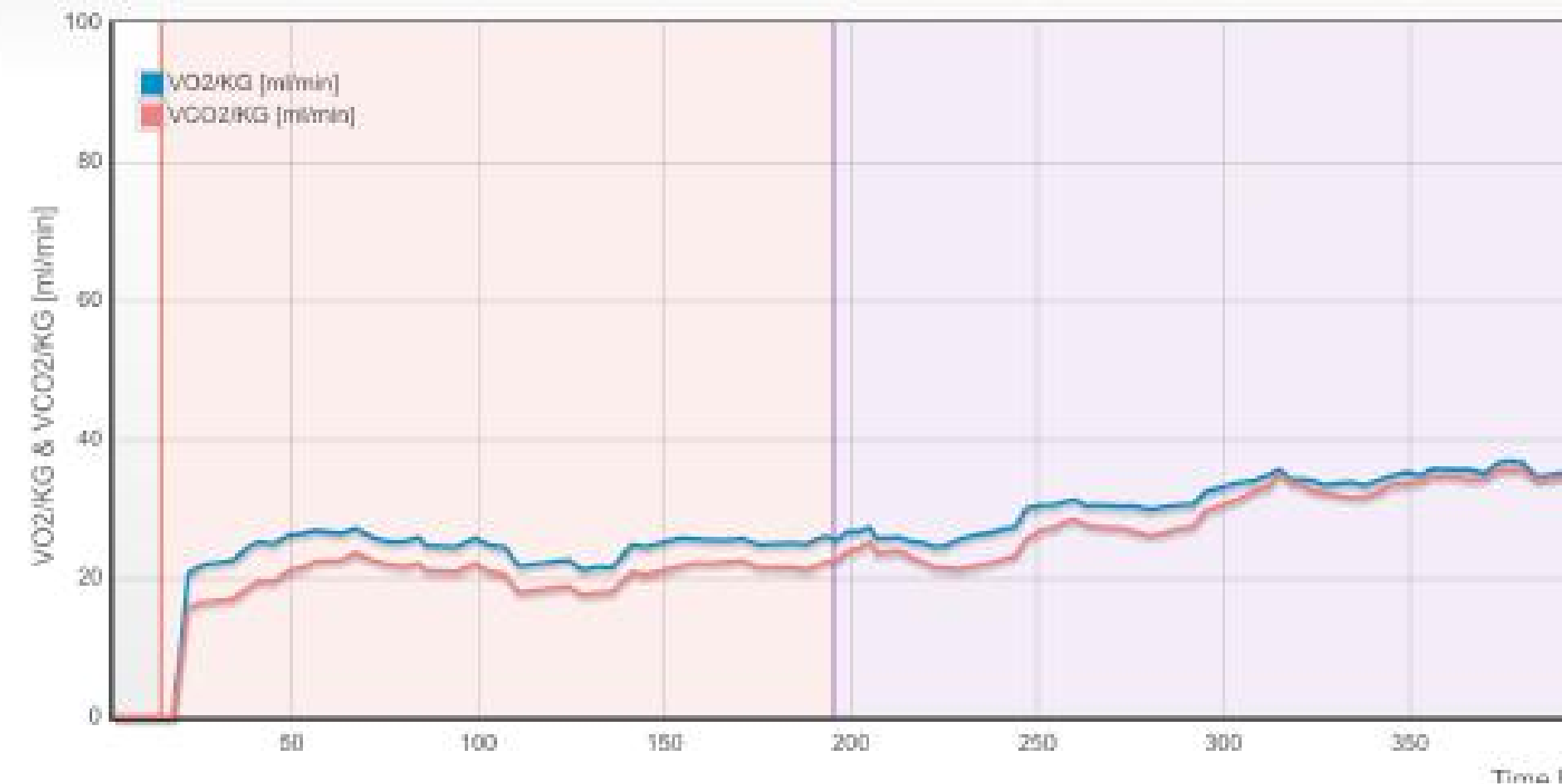
An RMR analysis includes a kcal and macronutrient breakdown of exactly how much and what you should be eating, which will be tailored to your goals, training and schedule.

This analysis is part of the Box Endure programme that combines metabolic testing with nutrition coaching.

BOX NUTRITION

What this means

Your max VO2 was **41.91**, which is considered superior to 70's however! You can increase your VO2 max with High Volume aerobic threshold (AeT) and High Intensity Training (HIT) with anaerobic threshold (AnT).



See how we can help?

For further information, to arrange an initial consultation, performance assesment or nutrition package, please get in contact.

Contact Us

Box Nutrition

(+44)121 389 8923

info@boxnutrition.co.uk

www.boxendure.co.uk



BOX NUTRITION