

WHAT IS METHOD-CRA TESTING®?

The METHOD software and CRA Testing® is intended to be used by trained, certified health professionals for the purpose of optimizing weight loss, enhancing athletic or work performance, preventing injury, improving exercise results, and maximizing recovery.

WHO CAN BENEFIT?

Everyone can benefit from incorporating METHOD results into their exercise program/prescription.

- Athletes trying to increase sports performance
- Individual's whose job demands require optimal physical performance
- Patients recovering from a medical condition/injury
- Post-Op & Pre-Op patients
- Individuals looking to lose weight

THE TEST

METHOD CRA-Testing® is an incremental exercise test used to determine your Prime, Anaerobic, and Peak heart rate zones. Each of these heart rate zones corresponds to utilization of a different energy system/fuel source (i.e. Fat, carbohydrates, protein). By exercising between different energy systems you can maximize the benefits of your workout while avoiding injury.

- **Prime:** the point where your body is most efficient and the place where you are most likely to realize performance improvements. When you are in your Prime Zone, your body is maximizing its use of oxygen and is burning the greatest amount of fat as a fuel source.
- **Anaerobic:** your body is almost exclusively using stored carbohydrates and is no longer burning body fat.
- **Peak:** Exercising in your Peak Zone significantly increases the risk of injury and can decrease performance. When you are in your Peak Zone, your body is depleted of stored fuels and actually begins burning muscle mass. Therefore, the Peak Zone is your top end for developing output (intervals, lifting or high intensity work).

WHAT TO EXPECT

- 30-60 min session to include setup, testing, and review of results.
- During the CRA-Test®, we will obtain as many as eight (8) small blood samples from the tip of your finger or earlobe using a lancet (usually takes 1-2 small pricks of the finger or ear lobe)
- After providing the first blood sample, which will provide a baseline reading, you will use an elliptical machine, treadmill, stationary bike, or other appropriate modality for approximately twenty (20) minutes.
- Over the course of the test, exercise intensity will increase every 3 minutes, and an additional blood samples will be taken. All blood samples will be placed on a strip that will be inserted into the lactate analyzer machine, which will measure the amount of lactate in your blood.
- You will be wearing a heart rate monitor and a heart rate reading will also be taken every 3 minutes corresponding with each lactate sample taken at that time.
- The test is concluded when enough data has been collected, as determined either by the app or the tester.
- Test Results of your unique Individual Metabolic Fingerprint™ will be generated once the last heart rate/blood sample is taken.

HOW TO PREPARE FOR THE TEST

- **Drink plenty of water/fluids the day before and on the day of the test. No alcohol day prior to the test.**
- Have a healthy well balanced breakfast consisting of Proteins, Fats, and Carbohydrates the morning of the test. (Ex. Eggs, Toast, Yogurt, Milk and OJ).
- **Be well fueled throughout the day before the start of your test** - please eat a well balanced meal/snack, AT MOST 1-1.5 hours prior to the test, e.g. Test at 5 PM, eat a snack at 4PM (examples of snacks below)
- No exercise 24 hours prior to your test. (This may affect your test results)
- **7-9 hrs. of sleep the night before test.**
- Be sure to be dressed appropriately for a workout i.e. shorts, t-shirt, and gym shoes.
- Participants that are on medications - we ask that you schedule your test after you have been on the medication for at least 6 weeks.

AFTER THE TEST

After completion of the CRA-Test® the participant and test administrator will discuss and review the results. A workout plan, or guide using the test results will be established.

A Follow Up/Re-Evaluation based on your test results will be scheduled. Depending on how you, the participant, performed or the outcome of the results; a 30-90 day follow up will be assigned the day after your test.

HEART RATE MONITOR

In order to be the most successful with Method, you should purchase a heart rate monitor to track your heart rate throughout workouts. This will help you track when working between prime, anaerobic, and peak zones. We recommend the polar H7 (as a chest strap option only) which can be partnered to your iPhone via the polar app. If you are looking for a monitor and strap we recommend the Polar FT1 (this includes a chest strap and watch for monitoring). Both of these can be found at Amazon and multiple other websites. Wrist monitoring is less accurate but can still be useful for those that do not wish to use the chest strap. Garmin (garmin.com) has several options on their website or thru other online outlets. (Heartratemonitorsusa.com and amazon.com)

EXAMPLES OF PRE TEST MEALS

Make sure to eat 1-1.5 hours before your test. Stay well hydrated throughout the day.

Whole-wheat toast (1 slice) with peanut butter (1T) and banana (medium)	45g/carb + 10g/pro
Greek yogurt (plain container) OR cottage cheese with blueberries (1 cup) tangerine (1 small) and plain unsalted almonds (12)	40g/carb + 20g/pro
Chicken breast (3oz), hummus (2T) and whole wheat pita bread (1/2 pita) and grapes (1 cup)	40g/carb + 28g/pro
Oatmeal (1/2 cup) with fresh apple (1/2 medium) and walnuts (1/8 cup)	40g/carb + 10g/pro
Brown rice or whole grain pasta (1 cup cooked) w/ 3oz of fish or chicken	47g/carb + 26g/pro
1/2 Turkey sandwich / whole grain bread (3oz of turkey) + fresh apple (med)	40g/carb + 20g/pro
Whole-wheat crackers (7) with fresh pear (1 med) and cheese (2 oz), hard boiled egg (1)	41g/carb + 23g/pro