



**Mount  
Sinai**

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## Mount Sinai Physiolab – Procedure Rates 2025

<https://www.mountsinai.org/locations/physiolab>

Assessment	Description
Body Composition	Measures percentages of fat mass and fat-free mass with body measurements to assess body fat distribution. Report includes summary of data and implications on health outcomes.
Resting Metabolic Rate	Measures resting energy expenditure. Used to assess daily caloric needs. Report includes the number of calories needed to maintain, lose or gain weight.
Fat <sub>max</sub> Substrate Utilization	Stationary cycling against increasing resistance to measure the workload and heart rate at which an individual maximizes calorie and fat “burn”. Report includes a personalized aerobic exercise program based on testing data.
VO2 <sub>max</sub>	Measures the amount of oxygen consumed at peak exertion. Assesses ability of the heart and lungs to deliver oxygen to muscles. Insight into overall cardiorespiratory health, chronic disease risk, and fitness level.
Nutrition Counseling	One-on-one session with a registered dietitian to discuss nutrition goals and diet planning to meet individual health and fitness goals.

Assessment	Standard Pricing		Discounted Pricing	
	Initial	Follow up	Initial	Follow up
Body Composition	\$150	\$95	\$127	\$67
Resting Metabolic Rate	\$240	\$185	\$204	\$168
Fat <sub>max</sub> Substrate Utilization	\$360	\$275	\$306	\$252
VO2 <sub>max</sub>	\$360	\$275	\$306	\$252
Nutrition Counseling	\$180	\$120	\$153	\$120

Packages	Included Assessments	Standard Pricing		Discounted Pricing	
		Initial	Follow up	Initial	Follow up
Weight Loss	Body Comp and Fat <sub>max</sub>	\$459	\$329	\$390	\$286
Metabolic	Body Comp, RMR, and Fat <sub>max</sub>	\$562	\$475	\$478	\$365
Performance	Body Comp & VO2 <sub>max</sub>	\$459	\$329	\$390	\$286
Exercise (2 days)	Fat <sub>max</sub> and VO2 <sub>max</sub>	\$648	\$540	\$550	\$454
Counseling	Body Comp and Nutritional Counseling	\$297	\$225	\$252	\$185
Custom	Our team can combine assessments into packages to meet individual client needs				