



**Mount
Sinai**

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 circumferences measures 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. Includes report indicating calories needed to maintain, lose or gain weight.
Fat _{max} 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 _{max}	Measures the amount of oxygen consumed at maximal 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	1 on 1 session with a registered dietitian to discuss nutrition goals and diet planning to meet individual health and fitness goals.

**MSSM Employees and referrals are at a discounted rate.
Contact the Physiolab for details.**

Assessment	Pricing	
	Initial	Discounted Follow up
Body Composition	\$150	\$95
Resting Metabolic Rate	\$240	\$185
Fat _{max} Substrate Utilization	\$360	\$275
VO2 _{max}	\$360	\$275
Nutrition Counseling	\$180	\$120

Packages	Included Assessments	Pricing	
		Initial	Discounted Follow up
Weight Loss	Body Comp & Fat _{max}	\$459	\$329
Metabolic	Body Comp, RMR, & Fat _{max}	\$562	\$475
Performance	Body Comp & VO2 _{max}	\$459	\$329
Exercise (2 days)	Fat _{max} & VO2 _{max}	\$648	\$540
Nutrition	Body Comp & nutrition counseling	\$297	\$225
Custom	Our team can combine assessments into packages to meet individual client needs		