Validation of a wearable metabolic tracker (Breezing ProTM) for Resting Energy Expenditure (REE) measurement via Douglas bag method

Background and aims: Resting Energy Expenditure (REE) is one of the most important metabolic parameters since it accounts for 60%-70% of total energy expenditure (TEE) in a typical population and 80%-90% in a sedentary one. Accurate measurement of REE is essential for weight control, nutrition management, and disease treatment. Though metabolic carts, desktop metaboli ...