

## VO2 Analysis and Fitness Testing

Sports Medicine offers the most advanced tests for determining your level of physical fitness. We offer VO2 and Anaerobic Threshold testing, Resting Metabolic Rate testing (RMR), Body Composition Analysis and Target Heart Rate Zone Analysis.

### WHO SHOULD PARTICIPATE?

These tests are helpful to anyone who wants an accurate measurement of current fitness levels including high school, college and professional athletes, as well as individuals who are simply interested in becoming more healthy and fit.

### BENEFITS OF TESTS INCLUDE:

- **VO2 testing** provides a precise measurement of your aerobic fitness level, and entails performing graded exercise tests on a treadmill or bike, while wearing a mask that measures your breathing. The test begins at a very light intensity and gets slightly harder each minute until maximum exertion.
- **Resting Metabolic Rate** testing tells you the number of calories you burn while resting, which is approximately 60% of the calories you burn in a day.
- **Body Composition Analysis** tells you what percentage of your body weight is lean and what percentage is fat.
- **Target Heart Rate Zone Analysis** provides a range of heart rates to help you get the most out of your aerobic training.

### WHERE IS THIS TESTING DONE?

All of these tests are done at our Brighton Sports and Spine Rehabilitation office at Clinton Crossings, 4901 Lac de Ville Boulevard, Building D, Suite 110.

### WHEN IS THE TESTING OFFERED?

Testing is done by appointment.

### HOW MUCH DOES IT COST?

- VO2, Anaerobic Threshold and Target Heart Rate Zone Analysis: \$150
- Resting Metabolic Rate Testing (RMR) and Body Composition Testing: \$150

**TO SCHEDULE AN APPOINTMENT, PLEASE CALL 585-341-9150.**