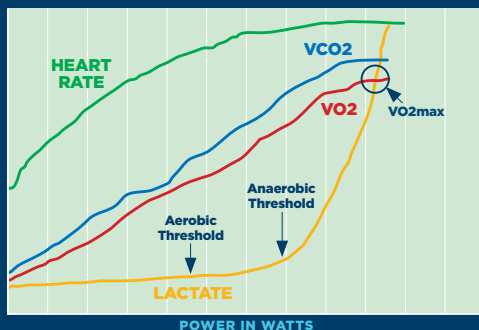


Metabolic Performance Assessment

VO2max and Anaerobic Threshold

VO2 Max testing and anaerobic threshold testing is a must if you are into fitness. These tests will allow you to accurately measure your oxygen consumption during exercise. The lactate threshold is a key indicator of your body's ability to be using fat as an energy source verses carbohydrates. Together these tests will help you unlock your fitness level and improve training.

Inhaled **VO2** + Exhaled **VCO2** (mL/kg/min)
BLOOD LACTATE (mmol/L)
HEART RATE (bpm)



Who can benefit from this test?

- Fitness conscious people desiring to improve their training with the use of science.
- Weekend athletes and runners serious about training and wanting to reduce breakdown in training.
- High school athletes needing to improve their fitness and training.
- People who want to unlock their fitness potential and use science in their training.

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Mercy Health — Orthopaedic & Sports Medicine Institute Sports Performance & Rehabilitation

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What to Expect

This state-of-the-art metabolic assessment equipment is used to measure your physiological responses to pre-determined workloads including oxygen consumption and heart rate. Therefore, the testing is completed by a highly-trained specialist in one of our two Human Performance locations. Below are some high points of what to expect.

- The testing will be done on either a stationary cycle or treadmill.
- While performing the test you will wear specialized equipment, mask, and heart rate monitor, to measure the volume of oxygen you inhale and waste products you exhale.
- Intensity will be gradually increased during the test until your oxygen consumption remains steady despite the increased intensity.
- Once you reach a plateau, that is the indication that your body is moving from aerobic metabolism to anaerobic metabolism. This is the point when your body stops using oxygen to breakdown carbohydrates, amino acids, and fats and lactic acid begins to accumulate.
- Once you reach your VO2max your Anaerobic Threshold can be calculated.



**For more information please call our office and
schedule your VO2Max testing with our Specialist.**