

Aerobic Capacity

Name: **Sample Man**

Male, 47.9 years

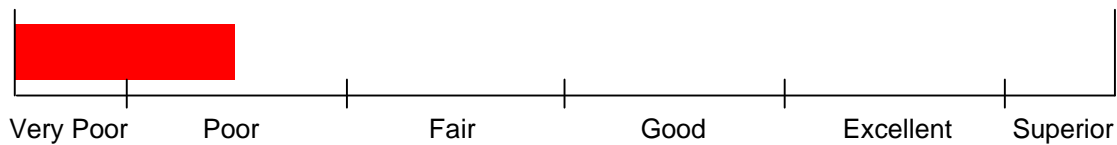
Test Date: 08/29/1993

The Heart Place

Protocol: Direct Input (VO2)

| Measurements | | Calculations | |
|------------------------|----------|----------------------|---------------------|
| Weight (lb): | 225.00 | Max VO2 (ml/kg/min): | 33.0 |
| Resting Heart Rate: | 74 | Max METs: | 9.4 |
| Maximum Heart Rate: | 187 | Target Heart Rate: | 142-170 (beats/min) |
| Blood Pressure (mmHg): | 145 / 95 | Target Heart Rate: | 24-28 (10 sec) |

Fitness Classification



Adequate fitness levels are necessary to carry out daily tasks with vigor and alertness. One of the most important things that you can do for your health is exercise regularly.

- Help you live longer
- Reduce your risk of heart disease
- Reduce your risk of developing diabetes
- Reduce your risk for high blood pressure
- Help reduce your blood pressure if it is high
- Reduce feelings of depression and anxiety
- Help control your weight
- Help build and maintain healthy bones, muscles and joints
- Help older adults become stronger and more mobile
- Promote psychological well-being
- Reduce your risk for colon cancer
- Develop lean muscle and reduce body fat

When compared to other people of the same age and gender, your level of aerobic fitness is poor (average MaxVO2 = 38 ml/kg/min). A reasonable exercise program can help improve this. The Centers for Disease Control and Prevention and the American College of Sports Medicine recommend the following: 'Every US adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week.'

As a general rule, avoid consecutive days of VIGOROUS exercise to give your body a chance to rest. By exercising regularly, you're apt to work better, sleep better and be more alert and energetic than people who are inactive. And, you'll feel more relaxed because exercise is a great outlet for stress and tension. Remember to choose an activity that you will enjoy doing.

Play it safe. If you're just beginning an exercise program, make sure to see your physician first, especially if you are over 40, overweight, or have a history of high blood pressure or heart trouble.