



How Fit Are You?

Cardiorespiratory Endurance:

VO₂ max - the best way to measure cardiorespiratory endurance capacity

UNCG Student/Faculty/Staff

Community

\$100*

\$200*

with blood lactate measurements for those interested in enhancing endurance performance

\$200

\$350



Submaximal VO₂ - estimates VO₂ max without you going to maximal exertion



\$50

\$75

Body Composition:

Hydrostatic "underwater" weighing - the gold standard of measuring body composition

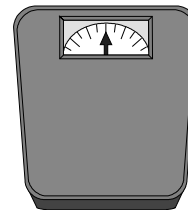
\$50

\$100

Skinfolds, Circumferences, & BMI - a close estimate of body composition without going under water; helpful in determining disease risk

\$25

\$50



Diet & Nutrition:

Resting Metabolic Rate - how many calories your body burns at rest; requires a 3-4 hour fast

\$25

\$40

Food Record Analysis - you record everything you eat, we analyze for calories, carbs, protein, fat, & other nutrients

\$50

\$100

Exercise Programming:

Program Design & Consultation - we design a personalized program based on your needs and goals

\$60

\$75

Custom-designed testing and programming packages are available- just ask!

All testing is supervised by ACSM certified professionals.

*Price is higher for certain individuals at high risk of cardiovascular disease.

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