How Fit Are You?

Cardiorespiratory Endurance:

$VO_2$ max - the best way to measure cardiorespiratory endurance capacity

$\text{UNCG Student/Faculty/Staff} \quad \text{Community}$

$\text{with blood lactate measurements for those interested in enhancing endurance performance}$

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$\text{Submaximal } VO_2 \text{ - estimates } VO_2 \text{ max without you going to maximal exertion}$

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Body Composition:

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

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$\text{Skinfolds, Circumferences, & BMI - a close estimate of body composition without going under water; is helpful in determining risk for certain diseases}$

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Diet & Nutrition:

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

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

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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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