WHAT IS VO_2 MAX?

Your VO_2 Max is a measure of how well your body uses oxygen during exercise.

VO_2 Max tells us how efficiently your heart, lungs, and muscles work together to produce energy.

The higher your VO_2 Max:

- The more oxygen your body can use
- The more energy you can produce
- The longer and harder you can perform



VO_2 Max is one of the strongest indicators of cardiovascular fitness and long-term health/ longevity.

HOW TO THINK ABOUT VO_2 MAX

Think of VO_2 Max Like Your Engine System.

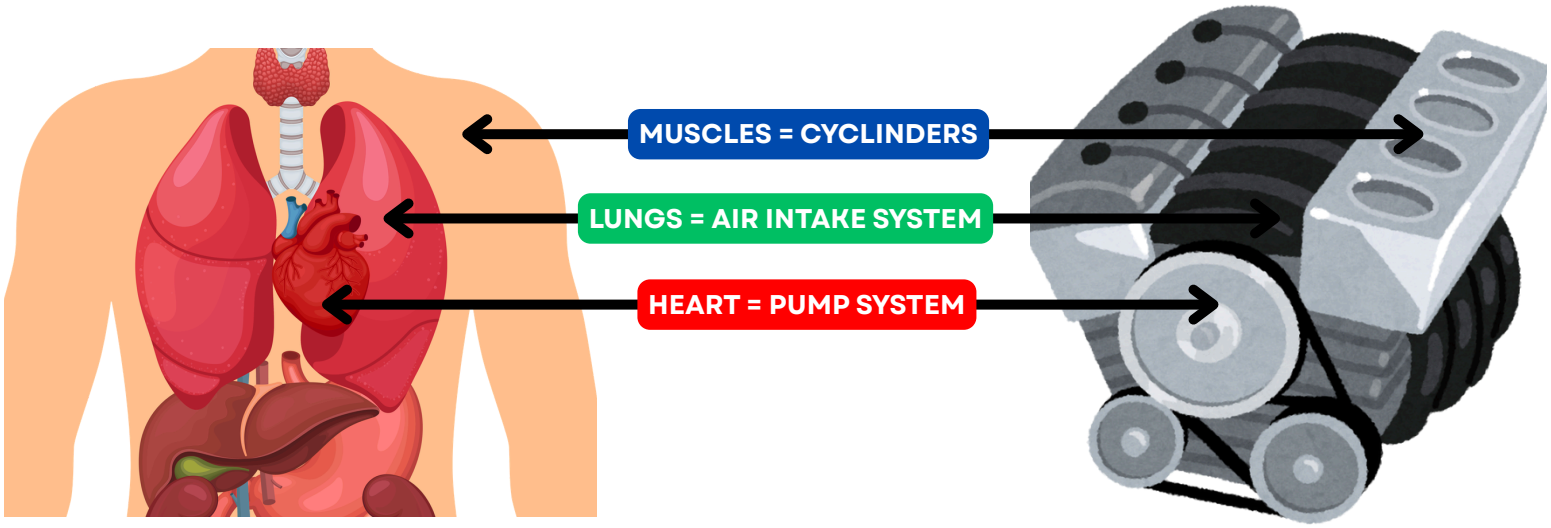
VO_2 Max reflects the size and efficiency of your body's engine.

- Bigger engine → more power, more capacity
- Smaller engine → less output, can fatigue faster

VO_2 Max reflects how well this entire system works together.

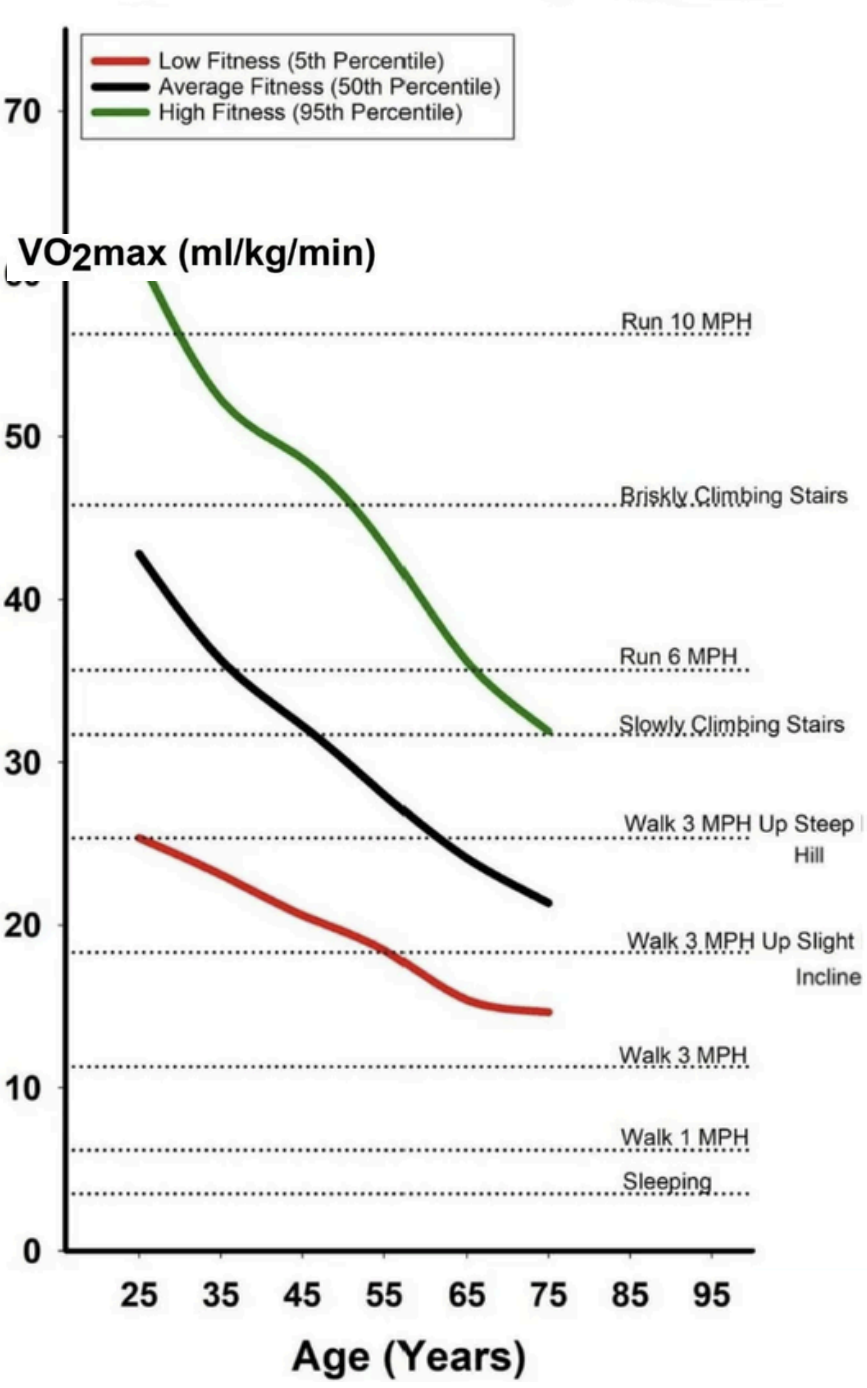
- **Heart** → pumps/circulates oxygen-rich blood
- **Lungs** → brings oxygen into the body
- **Muscles** → use that oxygen to create energy

If any part is weak, the whole system is limited.



LONGEVITY

This chart shows how VO_2 Max naturally declines with age, but fitness level makes a huge difference.



- People in the higher fitness range (green line) maintain much better function over time, while lower VO_2 Max levels (red line) are linked to frailty, loss of independence, and shorter lifespan.

- Staying active and keeping your VO_2 Max up helps you stay sharp, mobile, and resilient well into older age.

HOW TO PREPARE FOR YOUR TEST

THE DAY BEFORE

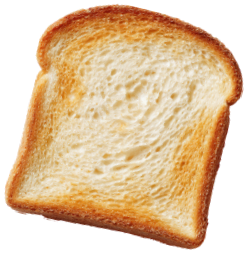


- Avoid intense exercise
- Stay well hydrated
- Get a full night of sleep

THE DAY OF YOUR TEST

Food

- Eat a light meal 2-4 hours before, preferably slightly biased towards carbohydrates
- Avoid heavy, fatty and high-fiber meals
- Have a very light fast-digesting carb snack 60-90 minutes before your test
- Ex. Banana, toast w/ honey, small granola bar, applesauce, rice cake.



Other

- Limit caffeine 3-4 hours before testing
- Drink water, but don't overdo it right before
- Wear athletic clothing and proper running shoes
- No alcohol the night before
- No hard workouts the same day



DURING THE TEST

WHAT TO EXPECT DURING THE TEST

- You will wear a mask to measure oxygen use
- The test gradually increases in intensity
- You will go until near your maximum effort

HOW LONG DOES IT TAKE

- From coming in and out of the clinic, anticipate approximately 50-70 minutes
- Preparation for the test is roughly 15-20 mins.
- The test itself is about 10-15 mins.
- Cool down and brief review of results is 15-20 mins.
- An optional in-depth overview is available upon request.

FINAL POINTS

- This is a maximal test.
- Your effort determines the accuracy of results.
- You may sweat heavily, and you may not.
- Don’t try to “pace yourself”, give your best effort!

Please ask any questions you may have! :)