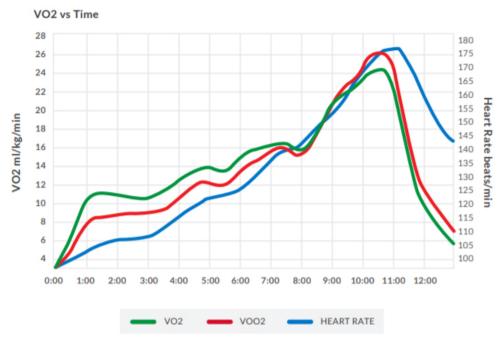


CARDIORESPIRATORY FITNESS

Cardiorespiratory Fitness testing is an assessment of metabolic efficiency or ability to perform all tasks necessary for individual function.



ANAEROBIC THRESHOLD (AT)

Anaerobic threshold marks the point where the cardiopulmonary system is no longer able to deliver adequate oxygen to meet energy production needs in an aerobic capacity, leading lactic acid accumulation and fatigue.

VO2 MAX

The maximal amount of oxygen that an individual is able to consume during a graded exercise assessment. Relative VO2max (ml/kg/min) is considered to be among the most accurate predictors of cardiovascular & neurodegenerative diseases, immune function and overall health.

Biomarker	Measured	Predicted	Percentage
AT	27.9	29.3	95%
VO2max	40.3	41.9	96%