



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

## 9/5 - Survival of the Fittest: VO<sub>2</sub> Max and Longevity

### Introduction

Maybe you're scratching your head. You're not alone. Most people have never heard of VO<sub>2</sub> max. Those who have tend to associate it with increased oxygen consumption for elite athletes. However, there's good news. This test can be applied to everyone! In conjunction with our gym expansion, EPT will also expand its services, making VO<sub>2</sub> max testing available to all clients starting in October. Meanwhile, here's some background on this test and its connection to longevity.

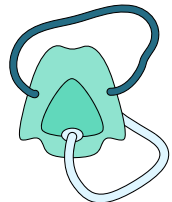
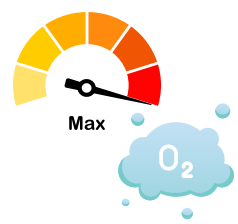
### What is VO<sub>2</sub> max?

VO<sub>2</sub> max is a measure of the maximum amount of oxygen your body can use during exercise. You may have heard the terms peak oxygen uptake, maximal oxygen uptake, or maximal aerobic capacity. They are all the same things. Tests that measure VO<sub>2</sub> max are considered the gold standard for measuring cardiovascular fitness, which is why EPT is so excited to offer the test.

### What is the VO<sub>2</sub> max test?

A VO<sub>2</sub> max test is a maximal exercise test performed on a treadmill or bike while connected to a machine capable of analyzing your expired air. Your test provides data on how much oxygen you use as you exercise and determines the maximal oxygen you can consume during exercise.

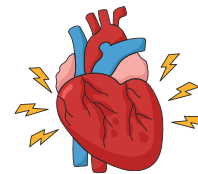
What is VO<sub>2</sub> and why should you care about it?



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

## Why is it important?

Knowing your oxygen uptake number will help you work out more efficiently. Also, there is an incredible amount of evidence indicating that your VO<sub>2</sub> Max can predict your risk for cardiovascular disease.



Increased cardiorespiratory fitness (CRF) is also associated with numerous cardiovascular and non-cardiovascular benefits, including reductions in coronary artery disease, hypertension, diabetes, stroke, and cancer.

Having a higher VO<sub>2</sub> max number typically means you're in good cardiovascular shape.

## Cardiorespiratory fitness and mortality

This link between cardiorespiratory fitness and mortality is well established. It is independent of age, gender, sex, race/ethnicity, and comorbidities. The American Heart Association states that cardiorespiratory fitness (CRF) is a strong and independent predictor of survival.



A 2018 study in JAMA that followed more than 120,000 people found that higher VO<sub>2</sub> max was associated with lower mortality across the board.

## Summary

We hope this article has piqued your interest in improving your oxygen uptake. If so, remember that expert guidance is key. Let EPT monitor your exercise intensity and duration. We can help you safely and efficiently improve your VO<sub>2</sub>.

**VO<sub>2</sub> testing is  
coming soon to  
EPT!**

Want the benefits of improving your oxygen uptake? Keep training at EPT! If you have questions about VO<sub>2</sub> testing, there's no need to wait until October. For more details, please speak to your trainer or give the office a call.



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## References

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- Strasser B, Burtscher M. Survival of the fittest: VO2max, a key predictor of longevity? *Front Biosci (Landmark Ed)*. 2018 Mar 1;23(8):1505-1516. doi: 10.2741/4657. PMID: 29293447.



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