



Please read through the following information (below) on how to prepare for testing and for directions to the Fit Stop at my home/lab in Carlsbad. Let me know if you have any questions or concerns and I look forward to meeting you next week.

WHAT TO EXPECT

The cardio-metabolic fitness testing will include a max or a sub-max treadmill (or bike) GXT test. Your testing will be conducted at the Fit Stop Human Performance at my home/lab in Carlsbad.

An exercise physiologist will be conducting your cardio-metabolic assessment. You will be tested on a **treadmill** or bike ergometer. The test starts at a very easy level and increases intensity in 1-2 minute stages until you cannot continue. The actual exercise time during testing is usually between 10-18 minutes during which time you will be breathing through a mouthpiece (or mask) connected to a metabolic analyzer, while wearing a heart-rate monitor. The analyzer measures the volume as well as the % of carbon dioxide and oxygen from your expired air. Prior to exercise testing weight and skin-fold body-fat measurements will also be determined.

You will be in full control of the test at all times and will be free to discontinue the exercise test at any time.

For 24 hours prior to testing please try to eat regularly. Be sure to take in at least 500 ml (16 oz) of water before bed, and another 500 ml of water 2 hours before your test.

Prior to and when you arrive for your evaluation please be sure to:

- 1. Wear appropriate running shoes**
- 2. Eat a light regular breakfast &/or lunch.**
- 3. DO NOT drink coffee (no caffeine), alcoholic beverages or smoke for 4 hours prior to your evaluation**
- 4. Be sure to maintain your current medication schedule**
- 5. Avoid any exercise 4 hours prior to this evaluation or intense exercise for 24 hours prior to testing.**

Try to arrive 5 minutes early.

Cancellations: If you choose to cancel for any reason, you must call the facility where testing is being held within 24 hours of your test to receive a refund.

Tardiness: You must be on time for your scheduled test. If you show up late for your scheduled test time, you will have to wait until the next available time slot. No exceptions.

Risk and Discomfort: You may experience some discomfort during exercise testing. **YOU WILL BE IN FULL CONTROL OF THE TEST AT ALL TIMES AND CAN CHOOSE TO DISCONTINUE TESTING AT ANY TIME.**

DIRECTIONS TO THE FIT STOP IN CARLSBAD:

Address: 3328 Calle San Blas, Carlsbad, CA 92009

From San Diego (Downtown) - take Hwy 5 North, approx. 30 miles to Leucadia Blvd exit.

From Orange County or LA area – take 5 South past Oceanside and into Carlsbad. Exit at Leucadia Blvd.

Take Leucadia Blvd. East through El Camino Real when Leucadia turns into Olivenhain. Follow Olivenhain as it turns in Rancho Sante Fe (rounding left – North). Take right at lighted intersection (Calle Barcellona).

Follow Calle Barcellona East until you get to stop sign at Calle Acervo (Rt turn). Go South on Calle Acervo and take a right at the 1st stop sign (Calle San Blas). House is 3rd on the Left. Lab is set-up in garage.

TEST DESCRIPTION AND PRICE SCHEDULE:

Description and prices are below. I will send you additional forms and directions once you have been scheduled for an evaluation. Testing can include....

Cardio-Metabolic Exercise Profile: \$200.00 (\$100 re-evals)

This is an advanced exercise testing service providing critical fitness information, highly specific to each individual athlete or health conscious exerciser. By determining heart rates and work rates at various ventilatory and lactate thresholds individuals can determine a very precise training target zone. Many of the generic heart rate training formulas do not take into account genetic and fitness related variables that can significantly alter those training guidelines. Integrating more precision and some periodized training (smarter training) techniques according to these baseline measures can maximize the effect of a conditioning program to maximize physical performance and optimize health.

This assessment and Report includes:

VO₂ Max / anaerobic threshold, AT_{VO2} & AT_{HR} / caloric expenditure during exercise / nutrition requirements / a one month HR/Energy zone periodized training program

Resting Energy Expenditure Assessment (REE): \$100.00*

Resting energy expenditure (REE) is the amount of calories needed to maintain the body at rest. REE typically comprises 60-75% of your total daily calorie expenditure. REE is also sometimes referred to as Resting Metabolic

Rate (RMR) or Basal Metabolic Rate (BMR). REE can be calculated with lots of convoluted equations, usually determined from changes in body weight or lean body weight. By directly measuring an individual's oxygen uptake and carbon dioxide production a more accurate metabolic rate that is sensitive to current fitness levels and physiological changes can be determined. This information from your REE can provide useful information to help you balance your caloric needs (dietary) against your expenditure (BMR + activity). It also provides a marker for assessing the impact of your diet and exercise program. Assessment and Report includes:

REE calories/day / Predicted BMR comparisons / Nutritional intake recommendations /
Body composition profile

Hydrostatic (underwater) Weighing: \$50.00

Using the principle that fat floats while muscle sinks, this procedure is considered by exercise scientists as the "gold standard" of body fat tests. This test requires weighing a person underwater as well as on land. Additionally, to reconcile the buoyancy factor of the air in the lungs, a person will need to exhale all the air from their lungs while submerged in water. Only those comfortable underwater should consider this test. 5 or more participants required for on-site testing.

Complete Fitness & Health Profiles: \$300.00

Two-day evaluation which includes:

Day One: The C-M Exercise Test and C-M Health Risk Profile listed above are conducted on the 1st day and an initial consultation is included.

Day Two: A functional strength and flexibility assessment is conducted followed by an overview consultation and the development of a periodized training program w/ email follow-up.

The Full Cardio-Metabolic profile testing is ideal for determining a comprehensive health & fitness baseline, addressing concerns about body composition, health risk reduction and muscle function & balance limitations during exercise.

This comprehensive profile includes a 1-month on-line coaching program.

Training Services

Online Coaching Packages

3-Month commitment

Includes the use of the Cardio-Met Tracking & Logging Program with volume, intensity, and calorie intake tracking. The C-M Log is reviewed and adjusted monthly and 1 telephone or email coaching session is included each month. \$250 / quarterly

Personal Training

Price dependent on location and frequency of sessions. Please call or email for a quote. 1:1 training at your home or our lab with a certified personal trainer.