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VO2 Max Test

Carried out by Jenna

### About BodyView

BodyView, where cutting-edge technology meets personalised fitness and weight loss solutions. Our advanced laboratory is dedicated to providing you with the latest tools to unravel the mysteries of your body, guiding you on a transformative journey to reach your goals. Your path to a healthier, fitter you begins with BodyView right here and right now.



### Your Goals



Your dedication to extending healthy lifespan is a commendable commitment that reflects a proactive approach to longevity enhancement. This report outlines the results from the comprehensive testing conducted at BodyScan, offering valuable insights to support your journey toward maximising both lifespan and healthspan.

Longevity optimisation involves a science-backed lifestyle that includes anti-inflammatory nutrition, strategic physical activity, and evidence-based health practices. Start with a nutrient-dense diet rich in antioxidant foods, including berries, leafy greens, omega-3 sources known to support cellular health and reduce age-related inflammation. Engage in regular physical activity, incorporating both cardiovascular conditioning and resistance training to promote mitochondrial function and maintain muscle mass throughout ageing. Prioritise sufficient sleep, as quality rest is integral to cellular repair mechanisms and metabolic health. Hydration also plays a crucial role.

As you embark on the path of longevity optimisation, our team at BodyScan is here to provide ongoing guidance and support based on the latest advances in ageing science.

### Track More Accurately

Calorie tracking remains an invaluable tool for maintaining a healthy weight as it offers a systematic and measurable way to manage energy intake and expenditure. Whether your goal is to prevent unintentional weight loss or avoid unwanted weight gain, maintaining a balance between calories consumed and burned is essential. Utilising user-friendly apps like **MyFitnessPal**, **MyNetDiary**, or **NutraCheck** simplifies the process of tracking daily caloric intake, providing insights into dietary patterns and allowing for adjustments as needed. These apps empower individuals to make informed decisions about portion sizes and food choices, ensuring that their caloric intake aligns with their specific needs for weight maintenance. Consistent calorie tracking fosters awareness of nutritional habits, supporting individuals in adopting a balanced and sustainable approach to their dietary choices. By incorporating these tools, individuals can proactively manage their nutritional intake, facilitating the maintenance of a healthy weight and overall well-being.



## The Test

A VO2 Max test serves as a fundamental biomarker in your longevity strategy. This measurement quantifies your body's maximum oxygen consumption capacity during peak exertion, offering a direct window into your cardiorespiratory fitness. Research consistently shows that individuals with higher VO2 Max values demonstrate reduced all-cause mortality risk across age groups. By establishing your current aerobic capacity, we can implement targeted interventions to improve this metric. Regular assessment allows for fine-tuning of exercise parameters to continuously challenge your cardiovascular system, promoting adaptations associated with extended healthspan and biological age reversal.

Recovery	
Peak	169 bpm
1 Minute	123 bpm
2 Minutes	bpm

Fitness Level **Superior** VO2 Max **60.42**

	Start	Aerobic Threshold (VT1)	Anaerobic Threshold (VT2)	VO2 Max
Heart Rate	84	97	154	165
VO2 (ML/KG/MIN)	13.85	18.87	47.62	60.42
KCAL/HR	276	378	1014	1332.6

Height **180 cm** Weight **70.0 kg**



**Zone 1** - Zone 1 training helps manage stress and cortisol levels, which are closely tied to ageing and metabolic health. Reducing chronic stress supports cardiovascular health and promotes hormonal balance, both of which are key for longevity.

**Zone 2** - This zone improves mitochondrial function and insulin sensitivity—cornerstones of metabolic health and ageing well. Consistent training here enhances endurance and cardiovascular resilience, key components of a long, active life.

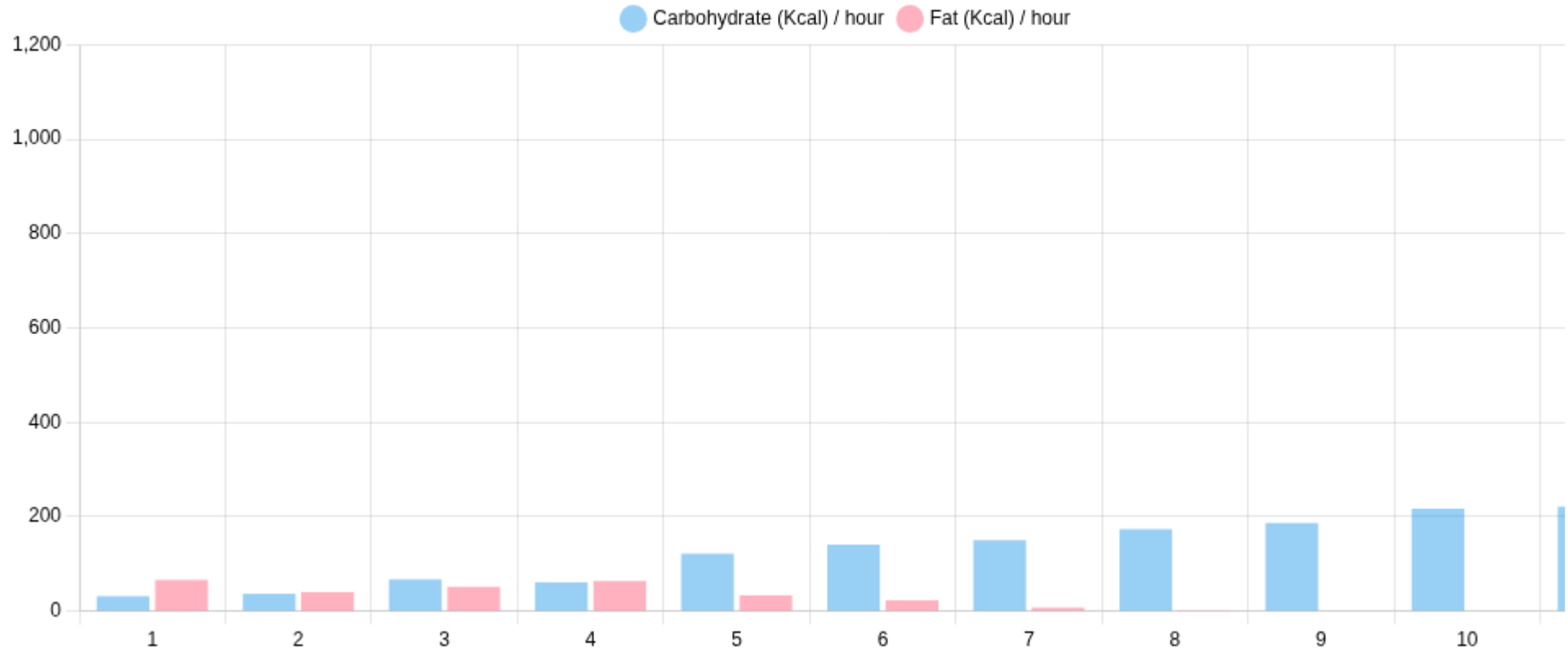
**Zone 3** - Training in Zone 3 enhances your body's ability to burn both fat and carbs efficiently. This metabolic flexibility is strongly linked to reduced risk of chronic disease and supports healthy ageing.

**Zone 4** - Incorporating Zone 4 efforts promotes cardiovascular strength and supports brain health by boosting neurotrophic factors. It also helps maintain muscle mass and hormonal health, which decline with age.

**Zone 5** - Occasional training in Zone 5 improves VO2 max, a top predictor of longevity. When carefully programmed, it enhances overall vitality, supports a robust cardiovascular system, and helps maintain functional capacity.

	Heart Rate	Speed (KPH)	Incline (%)	Fat (%)	Carbs (%)	Kcals/Hr
Zone 5	> 154	13.5		0	100	> 1068
Zone 4	126 - 154	9.6		15	85	810
Zone 3	97 - 126	6.6		46	54	534
Zone 2	87 - 97	6.0		59	41	456
Zone 1	< 87	6.0		74	26	294

# Optimal Fat Burning Zones



Heart Rate	97	94	118	131	139	143	146	154	158	163	151
Incline	0	0	0	0	0	0	0	0	0	0	0
Speed	6	6	6.9	7.9	8.9	9.8	10.8	11.7	12.7	13.7	14.6

Maintaining a healthy weight through balanced nutrition and regular movement patterns extends lifespan by reducing chronic disease risk. Focus on creating a sustainable balanced nutrient-dense diet that provide cellular protection while engaging in consistent physical activity. This metabolic balance optimises cellular repair mechanisms, potentially adding quality years to your life expectancy.

## Protein Sources



Lean meats (chicken, turkey, lean beef or pork)  
Fish (salmon, tuna, trout)  
Eggs or egg whites  
Greek yoghurt or low-fat dairy

## Healthy Fats



Avocado  
Nuts and seeds (almonds, walnuts, chia seeds)  
Olive oil, coconut oil

## Dairy or Dairy Alternatives



Low-fat or Greek yoghurt  
Skim or 1% milk  
Cheese (moderate amounts)

## Snacks



Hummus with vegetables (carrots, cucumbers)  
Air-popped popcorn (without excessive butter/oil)  
Cottage cheese with pineapple  
Handful of nuts or seeds

## Whole Grains



Quinoa  
Brown rice  
Oats  
Whole wheat products (bread, pasta)

## Fruits and Vegetables



Colourful vegetables (peppers, aubergine, carrots)  
Berries (blueberries, strawberries)  
Apples, oranges and other seasonal fruits

## Hydration



Water (stay well-hydrated throughout the day)  
Herbal tea (unsweetened)  
Infused water with lemon, cucumber, or mint

## Balanced Meals



Include a mix of lean protein, whole grains, healthy fats and a variety of fruits and vegetables in each meal



### Sustainable Cardiovascular Activities

Engage in regular moderate-intensity aerobic exercises like brisk walking, swimming, or cycling for 2 - 3 hours weekly. These activities support heart health and circulation while minimising joint stress for long-term participation across your lifespan.



### Functional Strength Training

Perform full-body resistance exercises 2-3 times weekly focusing on compound movements that mirror everyday activities. This helps preserve muscle mass and metabolic health, crucial factors in extending healthspan.



### Mobility and Flexibility Work

Practice daily mobility routines, gentle yoga, or tai chi to maintain joint function and range of motion. Regular flexibility work helps prevent the postural deterioration and movement limitations commonly associated with ageing.



### Metabolic Conditioning

Incorporate brief intervals of higher-intensity movement within your comfort zone to optimize mitochondrial function and cellular health. These short bursts promote the cellular adaptations linked to longevity.



### Stress-Reduction Practices

Include mind-body exercises like meditation, deep breathing, or mindful walking as regular components of your routine. Managing chronic stress through movement practices supports cellular repair processes and telomere preservation.




### Balance and Coordination Training

Perform specific balance exercises 3-4 times weekly to maintain neurological function and reduce fall risk, which becomes increasingly important for healthy ageing and independent living.



Remember, the key to enhancing longevity through exercise is developing a sustainable approach that you can maintain throughout life. Listen to your body's changing needs, prioritise recovery and stress management alongside physical activity and make adjustments to accommodate age-related changes. Regular health assessments can help optimise your program for cellular health and longevity markers. Consider consulting with healthcare providers who specialise in healthy ageing to develop personalised strategies that balance activity with your unique genetic factors and health history.



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*Thank You*

A huge thanks

On behalf of the entire team at BodyScan, we would like to express our appreciation for coming to see us. Your business is super important to us, and we are deeply committed to helping you achieve your goals. Should you require any further assistance, please do not hesitate to reach out; we are here to help. If your experience with us has been a positive one, it would be really appreciated if you could take a moment to share your feedback by leaving a review on Google.

Kindest Regards  
Team BodyScan.

#### Disclaimer

The information provided is for general guidance and not a substitute for professional advice. Always consult a healthcare professional before starting any fitness or weight loss program, especially if you have health conditions or take medications. Use the information at your own discretion and responsibility.

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