



VO₂ Max Assessment

Total Cost: \$200

Service Duration: 45–60 minutes

Frequency: Every 3–6 months for optimal tracking

Includes: VO₂ Max test and CoreMetric Aerobic Performance Report

1. Overview

Your **VO₂ Max Test** is one of the most powerful longevity indicators within the VitalitySync CoreMetric system. This science-backed assessment measures the maximum amount of oxygen your body can utilize during intense exercise — revealing how efficiently your heart, lungs, and muscles work together.

VO₂ Max is widely recognized as one of the strongest predictors of long-term health, cardiovascular resilience, and lifespan. By directly measuring your oxygen consumption under graded exercise conditions, we uncover your true aerobic capacity — not an estimate from a smartwatch or calculator.

Whether your goal is longevity, performance, fat loss, or improved energy, your VO₂ Max results provide precise data to personalize your cardiovascular training zones, recovery strategy, and overall fitness plan.

2. What You'll Learn

- **Your True Aerobic Capacity** — Know exactly how efficiently your body delivers and utilizes oxygen during exercise.
 - **Longevity Risk Category** — Understand where your VO₂ Max ranks compared to age- and gender-based norms and what that means for long-term health.
 - **Personalized Heart Rate Zones** — Receive scientifically derived training zones for fat oxidation, aerobic base building, threshold training, and peak performance.
 - **Cardiovascular Efficiency Insights** — Identify whether your current conditioning supports long-term vitality or requires targeted improvement.
 - **Progress Tracking Over Time** — Re-test every 12 weeks to objectively measure aerobic improvements and quantify your training results.
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3. Why It Matters for Longevity

VO₂ Max is more than a performance metric — it is a critical biomarker of healthspan. Research consistently shows that higher aerobic capacity is associated with lower risk of cardiovascular disease, metabolic dysfunction, cognitive decline, and all-cause mortality.

A strong VO₂ Max supports:

- Greater cardiovascular efficiency
- Improved mitochondrial function
- Enhanced metabolic flexibility
- Better endurance and recovery
- Increased resilience against age-related decline

At VitalitySync, your VO₂ Max data integrates seamlessly with your full CoreMetric testing suite — including grip strength, balance, mobility, and strength metrics — giving you a complete, data-driven blueprint for longevity optimization.

4. Ideal For

- Adults seeking measurable longevity improvements
 - Clients who want precise cardiovascular training guidance
 - High performers optimizing aerobic capacity
 - Individuals committed to science-backed health tracking
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Science-Backed. Data-Driven. Outcome-Focused. Results-Proven. Smarter Fitness.