




How Fit Are You?

	Assessment	UNCG Student/Faculty/Staff	Community
Cardiorespiratory Endurance	VO₂ max – the best way to measure cardiorespiratory endurance capacity	\$100*	\$200*
	<i>with blood lactate measurements for those interested in enhancing endurance performance</i>	\$200*	\$350*
	Submaximal VO₂ – estimates VO ₂ max without you going to maximal exertion	\$50	\$75
Body Composition	Hydrostatic “underwater” weighing – the gold standard of measuring body composition	\$50	\$100
	Skinfolds, Circumferences, & BMI – a close estimate of body composition without going underwater; it is helpful in determining risk for certain diseases	\$25	\$50
 Diet & Nutrition	Resting Metabolic Rate – how many calories your body uses at rest (<i>requires a 3-4 hour fast</i>)	\$50	\$100



Custom-designed testing and programming packages are available; just ask!

All testing is supervised by ACSM-certified professionals.

* Price is higher for certain individuals at high risk of cardiovascular disease.

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