

HOW CAN I BE SURE THE PROGRAM IS EFFECTIVE?

The VO_2 benchmarks your cardiovascular health through medically based age and gender standards. Research shows that as we age, cardiovascular fitness, strength and flexibility decreases. In order to address the aging process, the initial test and periodic retests are essential to keep you on a progressive health track.

WHY WOULD I NEED A VO_2 TEST, WHEN I COMPLETED A STRESS TEST WITH MY DOCTOR?

*“Conventional ECG stress testing monitors only the heart muscle’s function and rhythm during exercise; VO_2 testing completes the evaluation by measuring the combined action of the heart, lungs, and circulatory system”. The breath-by-breath technology records instantaneous measurements of cardiovascular and pulmonary response to exercise, and is essential when developing a sound and effective personal exercise prescription. In addition, a VO_2 test determines your anaerobic threshold, which is dependable information in discerning your body’s primary fuel sources, fat or sugar.

* (MedGraphics, 1996.)

WHO BENEFITS FROM THE VO_2 ASSESSMENT?

The VO_2 Assessment is effective for well-trained, conditioned athletes, inconsistent exercisers and individuals who haven’t been active at all. The baseline VO_2 assessment is a precise medically-based evaluation to identify exercise intensities which help maximize fitness gains.



MINNEAPOLIS
HEART
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*Medical direction provided by the
Minneapolis Heart Institute.*



*Specialists in Long-term Wellness
and Disease Management*

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WHAT'S YOUR



IT'S TIME TO IMPROVE YOUR HEART AND LUNG HEALTH





Dr. Pagan-Carlo, of the Minneapolis Heart Institute, a strong supporter of our multi-disciplined approach,

has served as LifeStyle Management's and Minneapolis Club's Medical Director since 2002. He is a Senior Consulting Cardiologist at the Minneapolis Heart Institute. In addition, Dr. Pagan-Carlo has served as Director of Cardiac rehabilitation and as Medical Director of the AED program at St. Francis Regional Medical Center (Shakopee) since 2000. Dr. Pagan's educational background includes Electrical and Bioengineering degrees from Boston University (BS) and Pennsylvania State University (MS) in addition to medical school at Temple University. He completed Residency and Fellowship work at the University of Minnesota and the University of Iowa. Dr. Pagan-Carlo's interests include general cardiology, heart failure, AED, defibrillation, nuclear cardiology and echocardiography.



EXERCISE YOUR RIGHT TO BE HEALTHY

Exercise is a key component to better health. When people are asked why they don't exercise, most respond with the simple statement "I'm too busy". Our health assessment takes the guesswork out of starting a safe and effective exercise program. Our heart healthy program is under the medical direction of the Minneapolis Heart Institute. Assessment results are used to design an exercise prescription that concentrates on reducing your risk of heart attack, stroke, diabetes, cancer and other preventable chronic diseases. Our primary goal is to help you establish and maintain long-term wellness.

Our Medically Based Program

SEPARATES US FROM THE REST

We are one of the few health facilities in the country to offer a medically based assessment tool to evaluate your cardiovascular health and disease risk. Our comprehensive approach is designed to work with all age groups.



"VO2 Assessments are used periodically to fine tune your exercise program, much as your doctor measures your cholesterol routinely to fine tune your treatment plan."

—DR. PAGAN-CARLO



QUESTIONS OFTEN ASKED

How effectively am I burning stored fat and how can I lose weight quicker? How do I know I am working out at the most efficient level? How can I be sure my exercise program is helping me to progress in aerobic fitness long-term? How many calories do I require daily? What balance of nutrients will best support my fitness goals? How can I be sure my heart health is continually being challenged?

All of these questions and more will be answered through a medically based VO₂ assessment.

WHY AN OXYGEN CONSUMPTION VO₂ ASSESSMENT?

Measuring your VO₂ during exercise accurately defines your heart and lung fitness. Heart disease is the leading cause of morbidity and mortality in the USA, therefore, a baseline assessment and retests are very important in developing a personalized and effective cardiovascular training program that objectively quantifies improvement based on measured values.

YOU WILL LEARN

- **How to efficiently use your heart rate training zones to maximize calorie burning potential.**
- **How to workout smarter-not longer-and still achieve your desired results.**



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