

exercise metabolic rate

MY RESULTS

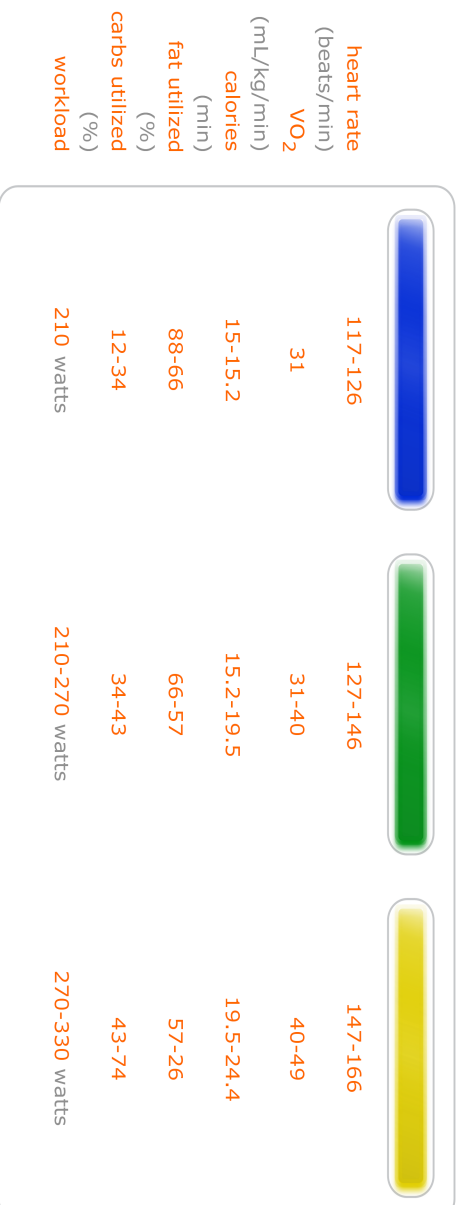
ZONES • DATA

The metabolic assessment you completed sets the foundation for your personalized exercise program. Now that we've measured your heart rate, oxygen intake, and carbon dioxide production, we know precisely how your body responds to working out. Your exercise intensity (burning fat calories vs. carb calories), oxygen intake, and carbon dioxide production is all unique to you. These measurements also establish the framework – your heart rate zones – for your personalized weight management and fitness plan. Understanding your metabolism, while managing a healthy caloric intake, empowers you to maximize your fitness plan.

- next step 1:** get heart rate monitor and start workout
step 2: finish program
step 3: get reassessed: **March 04, 2011**

Client Name: Gregory Smith
Facility: Third Coast Training - Houston

Date of Assessment: December 10, 2010
Assessment Administrator: Johnny Shelby
Next Assessment: March 04, 2011



heart rate

VO₂

Heart Rate - number of beats per minute (bpm)

VO₂ – volume (mL/kg/min) of oxygen consumed by your cells; a higher VO₂ means your cells are taking in more oxygen, which your body needs to burn fat

calories

fat utilized

Calories – energy burned

% Fat – percentage of fat calories burned as fuel for your body; the more fat you can burn at higher intensities, the more oxygen you're taking in, which makes your workout feel easier even as your body does more work

carbs utilized

workload

% Carbohydrate – percentage of carb calories burned as fuel for your body

Workload – speed/grade or watts