

Find out more about the
Bupa Fitness Assessment

Call now on

0800 66 55 77*

quoting code H0044

No membership necessary

Ask at reception or visit our website

www.bupa.com/vo2max

LOOKING AFTER EVERY ASPECT OF YOUR HEALTH

Did you know that Bupa offers a wide range of additional services at Bupa Centres across the UK that help keep you feeling healthy from top to toe?

Bupa Health Assessments

Find out more by calling **0800 66 55 77***

Bupa Physiotherapy

Find out more by calling **0845 600 4778***

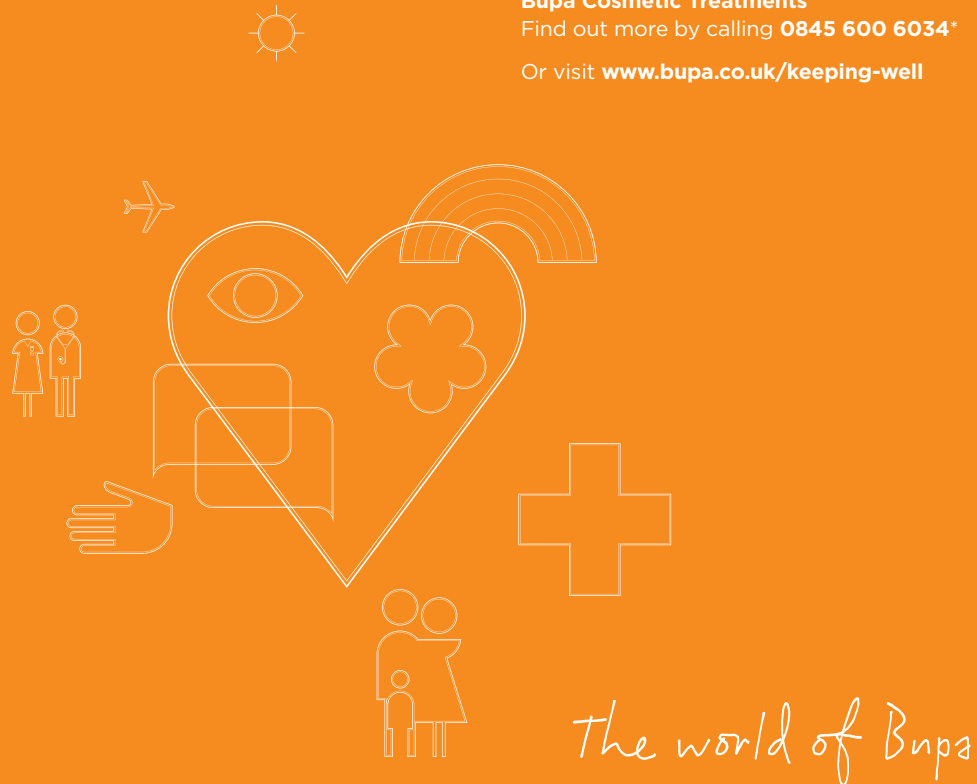
Bupa Dental Treatments

Find out more by calling **0845 600 4779***

Bupa Cosmetic Treatments

Find out more by calling **0845 600 6034***

Or visit www.bupa.co.uk/keeping-well



The world of Bupa

www.bupa.co.uk

Calls may be monitored and recorded. Lines are open Monday to Friday 8am-6pm, and Saturday 8am-1pm. Bupa Health Insurance is provided by Bupa Insurance Limited. Registered in England and Wales No. 3956433. Bupa Insurance Services Limited. Registered in England and Wales No. 3829851*. †Authorised and regulated by the Financial Services Authority. Registered office: Bupa House, 15-19 Bloomsbury Way, London WC1A 2BA.

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Bupa



THE BUPA FITNESS ASSESSMENT

UNDERSTAND
YOUR FITNESS AND
ACHIEVE YOUR
PEAK PERFORMANCE

Whatever your sport, a scientific measurement of your fitness can be the first step to dramatically improving your performance. With a Bupa Fitness Assessment you will discover your VO2 max score – the fitness indicator relied on by elite athletes – and be given a number of additional measures to help you understand and achieve your potential.

To find out more, please call **0800 66 55 77*** quoting H0044, ask at reception or visit www.bupa.co.uk/vo2max

Bupa. Helping You Find Healthy



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You can't get to where you want to be if you don't know where you are. A Bupa Fitness Assessment lets you know exactly where you stand in terms of fitness – and helps you plan how to reach your targets for the future.

Our Exercise Physiologists are on hand to analyse your current fitness levels and give bespoke advice on how to improve them. Lasting one hour, our detailed cardio-respiratory fitness analysis – which includes metabolic response and VO2 max calculation – will help you understand the limits of your current fitness level.

GET MEASURED



Before putting you through your paces, we need to understand you. One of our experts will complete a range of tests to assess your current condition including lung function, key health metrics and a comprehensive body composition analysis.

The results will check for underlying health concerns such as respiratory disorders or high blood pressure and give us the intimate understanding and information we will need to achieve an accurate analysis of your fitness test.

DISCOVER YOUR POTENTIAL

To reach your fitness peak you need to know how to optimise your exercise regime. The Bupa Fitness Assessment provides a comprehensive analysis of all your cardio-respiratory responses to exercise, including your anaerobic threshold and an accurate VO2 max calculation.

Long considered the gold standard measure for professional athletes, the VO2 max calculation can be used to accurately interpret your aerobic fitness levels and understand the most efficient way to achieve your peak.

A specially designed mouth piece allows us to monitor your cardio-respiratory and metabolic efficiency, checking your heart and lung responses to exercise and the fuels your body utilises. The assessment also tests for strength and flexibility. With the combined results we can understand how best to formulate your ideal training intensities.

For your safety we carry out an ECG test throughout the assessment. This will monitor your heart as well as measure your blood pressure responses to exercise.

PRE TEST

Body Composition Analysis:

Body fat percentage
Lean mass calculation
Basal metabolic rate
Waist/height ratio

Blood pressure and pulse measurement

Lung function assessment

FITNESS ANALYSIS

VO2 max calculation

Anerobic threshold

Metabolic efficiency

Cardiovascular efficiency

Respiratory efficiency

Strength assessment

Flexibility test

POST TEST

Fitness consultation with a Bupa Exercise Physiologist

Cardio-respiratory response report

Health and fitness report with action plan

BECOMING THE BEST YOU CAN BE

After the test you will have a consultation with a Bupa Exercise Physiologist who will take you through and explain your results. Using your VO2 max calculation and cardio-respiratory response report, they will help you develop an action plan showing you how to make the most of your workouts and follow a detailed path to peak fitness.

With regular fitness assessments you can ensure that you progress at the optimum speed and become the best you can be. To help give you an idea of where you stand compared to the elite, you can now visit us online and compare your VO2 max score to those of some famous names from the sports world.

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