



## Cardiovascular Fitness & Nutrition Assessment

This comprehensive heart, exercise, and nutrition evaluation is offered at the Cardiovascular Performance Center in Novato. As the only program of its kind in the Bay Area, it is designed to give insight into your exercise performance, cardiovascular risk, health optimization, fueling, and diet. The program includes:

### Step 1:

**30-45 Minute Virtual Introductory Session** with one of the co-directors of the center, Dr. Brian Keeffe or Dr. Arvind Nishtala, along with our Exercise Physiologist, Tim Fleming. This initial video session will include an introduction to the program and will help develop the exercise testing plan and will focus on your medical, exercise performance, and nutrition history.

### Step 2:

**On-Site Cardiopulmonary Exercise Test (CPET)/(Vo2 test)** This VO2 test measures maximal oxygen consumption which is generally considered the best indicator of cardiovascular fitness and aerobic endurance. We will evaluate all components of exercise performance including the role of the heart, lungs, and muscles. We will also determine which fuel sources your body accesses at different exercise intensities (carbs, fat, etc.) This advanced physiology test includes monitoring heart signals, breathing and gas exchange through the lungs, blood pressure, and oxygen saturation. The test is performed on a treadmill for runners or bike for cyclists in one clinic visit and takes approximately 2 hours. The exercise test is broken up into two phases, low intensity and maximal exercise. On the testing day, we will analyze bio impedance, a commonly used approach for body composition measurements and assessment of one's clinical condition.

### Step 3:

**1-Hour Post-Test Session** with a Registered Dietitian Nutritionist to review your diet in the context of your exercise test and body composition results.

### Step 4:

**1-Hour Post-Test Session** with Dr. Keeffe/Dr. Nishtala and our Exercise Physiologist, Tim Fleming, to review the results of your test and receive comprehensive, tailored exercise and lifestyle recommendations, including a 3-month exercise plan.

Please register online at

[www.MyMarinHealth.org/CPET](http://www.MyMarinHealth.org/CPET)

The cost is \$1,950, due at time of registration.