



# Know your fitness.

To enhance your physical performance our 'know your fitness' option provides additional analysis to find out the true state of your cardiovascular fitness.\*

# What to expect from your assessment.

This submaximal exercise test, carried out on the market leading Wattbike, endorsed by British Cycling, will benchmark your fitness levels whether you are a regular gym user or just starting your fitness journey.

The test lasts approximately 20 minutes and involves a 5 minute warm-up, then gets incrementally harder every minute for roughly 10 minutes, followed by a 5 minute cool down.

Throughout the test, blood pressure is measured to determine if there is a normal response when placed under the stress of exercise.

Based on Wattbike's intelligent algorithms, we calculate an accurate estimation of fitness and compare the values for age and gender which will result in a true fitness score.

All of our assessments now include the option of up to two 10 minute follow up calls with a health and wellbeing physiologist. These are used to support agreed behaviour change plans or any issues found during the assessments\*\*.

[www.nuffieldhealth.com/changingyourhealth](http://www.nuffieldhealth.com/changingyourhealth)

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