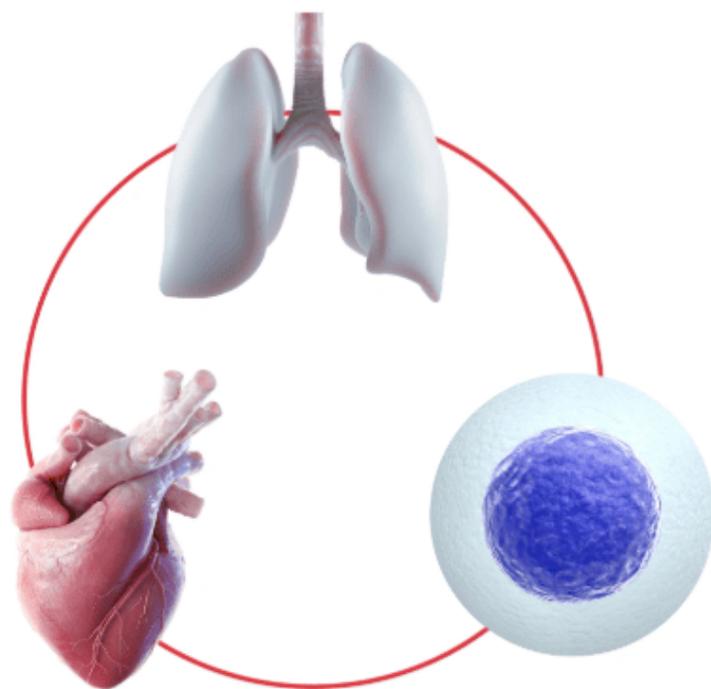




VIVEWELL

More Energy. Less Pain. Feel Better

**VO2 Max Testing —
The Leading
Biological Age &
Longevity Predictor**



VO2 Max is the gold-standard measure of your body's oxygen-processing capacity — and the most powerful predictor of metabolic age and longevity. This diagnostic reveals how efficiently your heart, lungs, and cells convert oxygen into energy, guiding precision health programs for every client.

What VO2 Max Reveals About Your Health

Higher cardiorespiratory fitness levels translate to lower disease risk and longer lifespan:

- A small jump from low to average aerobic capacity can reduce mortality risk by up to 70%.
- Oxygen capacity outperforms traditional risk factors (smoking, hypertension, diabetes) in predicting longevity.
- A Mayo Clinic study linked higher oxygen utilization efficiency to lower annual healthcare costs, saving \$1,592 for every 1-MET increase.
- VO2 Max is key for optimizing metabolic age, improving energy and resilience.



VO2 Max & Biological Age Connection

Metabolic age reflects how well your body functions compared to your chronological age. Because cardiorespiratory fitness measures aerobic capacity and cellular oxygen use — core drivers of metabolic health — it is the most precise marker of metabolic age. Tracking VO2 Max empowers you to guide interventions that improve longevity, performance, and metabolic flexibility.



How We Measure VO2 Max at PNOE

PNOE delivers clinical-grade **breath analysis** through portable breath analysis:

- A short, 10-minute, progressive session on a treadmill or bike.
- Real-time capture of oxygen consumption and CO2 production.
- Personalized VO2 Max score, biological age, and key biomarkers for performance and health optimization.



What to Know for VO2 Max

Improving VO2 Max & Shifting Metabolic Age

Your aerobic capacity and metabolic age are dynamic — both improve with the right strategy:

- **Aerobic training** and HIIT intervals improve endurance and fat burn.
- Personalized nutrition (based on breath analysis) enhances metabolic flexibility.
- Bio-optimization services like IV therapy and red light therapy support VO2 Max gains.
- Wearable tracking syncs VO2 Max and metabolic metrics for actionable insights.



Why Cardiorespiratory Fitness Drives Longevity & Clinical Outcomes

- **Longevity Predictor:** Higher oxygen chain efficiency correlates with greater lifespan and healthspan.
- **Chronic Disease Prevention:** Linked to lower risks of cardiovascular disease, metabolic disorders, cancer [[JACC, 2022]].
- **Healthcare Savings:** Strong inverse link between VO2 Max and medical costs [[Mayo Clinic]].
- **Athletic & Everyday Performance:** Improves endurance, energy efficiency, and recovery.
- **Precision Health Planning:** Supports targeted exercise, nutrition, and bio-optimization.

