

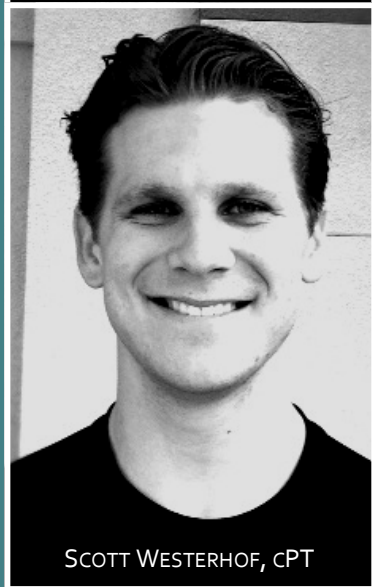
Delta Valley Trainers, Scott & Michael Westerhof, present

DELTA FIT

Body Composition • Sub-Max • Max VO₂ Testing



MICHAEL WESTERHOF, CPT



SCOTT WESTERHOF, CPT

We want to make sure you have the best and safest experience when it comes to reaching your goals in weight training or weight loss. Delta Fit is here to help you determine your physical fitness level in all aspects from body composition to Sub-max and Max VO₂ Testing.

BODY COMPOSITION:

Body composition is a key indicator of a person's health and physical fitness level. Too much or too little body fat can lead to cardiovascular/metabolic diseases and a normal amount of body fat is needed for healthy psychological, physiological and physical function.

SUB-MAX TESTING:

The main focus of a sub max test allows a client to reach an exercise intensity that they are able to handle. Sub-max testing is geared to people that have a lower fitness level. This type of VO₂ testing is great for the older population or people with cardiovascular disease risk factors as the test's physical demands are a lot easier than a max test.

VO₂ MAX TESTING:

The purpose of the Maximal Oxygen Test (VO₂ Max) is to approximate a client's aerobic or cardiovascular fitness. People that can achieve high levels of VO₂ are able to obtain more intense exercise intensities and duration before fatiguing. The test measures the ability of the heart, lungs and blood vessels to transport an adequate amount of oxygen to cells, and the ability of those cells to deliver and utilize the oxygen to the muscle.

COST: \$30

Call Today for an Appointment

Appointment & Information

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