

PEAK CENTRE

FOR HUMAN PERFORMANCE

**...because we're not all
made the same**

Work Smarter by Bringing Science and Training Together

Aerobic fitness is the key to running performance. To bring more accuracy to aerobic training programs, sport scientists have developed systems of **aerobic training categories**.

How do we Determine Individual Fitness?

Using scientific fitness tests such as VO2 Max and Lactate testing, we are able to determine:

- Maximum Oxygen Consumption (VO2 Max)
- Aerobic Threshold
- Anaerobic Threshold
- Proper Exercise Nutrition
- Percentage of Carbohydrates vs. Fat used during exercise
- Resting Metabolic Rate
- Peak Power

Peak Centre's philosophy and programs are based on a strong scientific foundation and are built to provide you with innovative fitness testing and optimal training programs to **meet your individual goals**.

**FREE EDUCATIONAL SEMINAR:
Thursday, February 21st, 2008 @ 7 PM**

Please call and reserve your seat.

For more information contact us at:
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