



Endurance Check

Provider: GiB GmbH

Good endurance is the basis of cardiovascular health and physical performance. It can be promoted in a targeted manner through regular exercise: in addition to endurance sports, this also includes everyday activities such as e.g. brisk walking or taking the stairs. Current studies show that regular, short units of exercise interspersed with everyday life are an important prerequisite for preventing problems in the cardiovascular system and metabolism over the course of the day. If you also want to specifically improve your endurance in your free time, you should do your training in the optimal heart rate range.

Topic: Cardiovascular and metabolic health

Prevention Principle: Reduction of lack of exercise through health sport activity

Specific Goals

Short test of basic endurance on the bicycle ergometer, motivation for individually adapted physical activity

Contents

- 4-minute test in the submaximal range
- Feasible in business or everyday clothing
- Determination and evaluation of aerobic performance based on age and gender-specific reference data
- Determination of the individual training pulse recommendations, differentiated for different endurance activities
- Results and individual recommendations available digitally

Procedure

Our computer-assisted test on the bicycle ergometer delivers a meaningful result after just 4 minutes. The test can be performed in comfortable clothing. The stress during the test is moderate, you usually don't sweat or only sweat a little.

Results

The test evaluates heart rate in relation to aerobic power (watts per kilogram of body weight) taking into account age, gender and body weight. The participants receive an evaluation with their personal performance data, combined with individual training recommendations, differentiated for different endurance activities in order to promote their endurance performance and the performance of the cardiovascular system in a targeted and sustainable manner.

Special instructions for implementation

Flat shoes and comfortable clothing recommended

1:1 Health Module (Presence)

- Duration: 15-20 minutes per person
- Individual appointment

Requirements

- Space requirement $\geq 6 \text{ m}^2$
(Provide high table/table and 2 chairs)
- Power connection (230 V)
- Barrier-free access
(Dimensions: 140 x 60 x 120 cm, weight: 60 kg)