

WHAT'S YOUR MAX?

VO2 Max = Your Heart-Fit Score™ ♥

Your Heart-Fit Score (or VO2 Max) is the maximum ability of your heart, lungs, and muscles working together during exercise. *Research has shown that your Heart-Fit Score may be the single best predictor of lifespan and health-span.*

When you combine

MetaPWR™



HEALTHY LIFESTYLE

+



**You will see your Metabolic Health and your Heart-Fit
Score™ IMPROVE!**

Learn about VO2 max and how to determine your Heart-Fit Score™ today at the PowerME booth!

Click on the QR code to learn more about Vitality™ and Heart-Fit™ Scores. Enter your email to receive exciting updates about upcoming PowerME™ programs and how a healthy lifestyle alongside MetaPWR can improve your Metabolic Health!

