

# MEASURED WITH *CLINICAL PRECISION*



**METABOLISM**



**VO2 MAX**



**FAT-CARB BURN**



**CELLULAR FUNCTION**



**HEART AND LUNG FITNESS**



**BIOLOGICAL AGE**



**TRAINING ZONES**



**COGNITION OPTIMIZATION**



**MOBILITY**

# PERSONALIZED *ANALYSIS*

## YOU WILL GET...

- A detailed report on how to improve your goals regarding training, weight loss, or longevity.
- Detailed reports of your performance.
- Personalized training recommendations

PPANT Full Reports: \$300

## OPTIONAL ADD-ONS

- Diet planning. RD Approved - \$120
- Metabolic consultation (RMR or AMR) - \$110
- Metabolic consultation (RMR + AMR) - \$150
- Diet + RMR + AMR - \$250

Contact: [support@pnoe.com](mailto:support@pnoe.com)

## PNOE TESTING

**PERFORMANCE  
IMPROVEMENT  
WEIGHT LOSS  
LONGEVITY**



PNOE analyzes your breath with clinical precision and crafts the most personalized training, nutrition, and breathwork plan for your performance optimization.

PNOE has been independently validated to deliver the same accuracy as clinical grade analyzers used in hospitals.

Pediatric Pulmonary Associates of North Texas  
8501 Wade Blvd, Suite 1020, Frisco, TX 75035  
972-668-5864

# PERFORMANCE IMPROVEMENT

- Athletes 9 years and older
- All sports improvement
- Workout improvement and optimization



## TESTING

We test physiological systems, structure, and function. (cardiovascular, respiratory, muscle metabolism)

## RESULTS

VO2 Peak measurement  
Accurate zoning for workouts  
Activity and sport specific tips

**TRAIN 50% BETTER FOR YOUR NEXT GOAL**

# WEIGHT LOSS WITH PNOE...

## RESTING METABOLIC RATE PROVIDES...

- Fuel sources your body uses during daily activities
- Your metabolic health
- Nutrition requirements based on your metabolic rate and fitness goal
- Slow vs. fast metabolism type

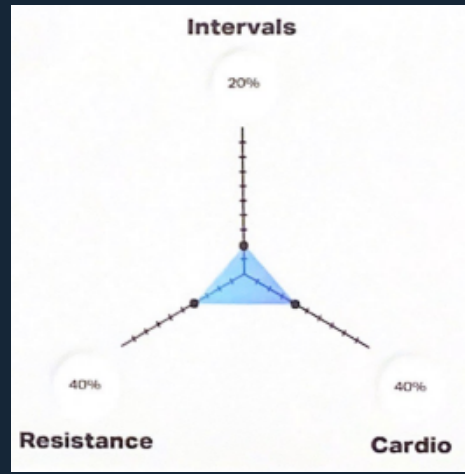
## BASED ON THIS YOU CAN...

- Maintain, decrease, or increase your weight
- Understand how to improve your fat burning efficiency and oxygen utilization

YOUTUBE PLAYLIST:



# TRAINING



# LONGEVITY

## FITNESS REPORT

PNOE provides a fitness report with the following parameters:

- Metabolic efficiency
- Aerobic health
- Respiratory fitness
- Breathing cognition
- Cardiac fitness
- Fat burning efficiency
- Muscle type
- Mechanical efficiency
- Recovery capacity

Discover ways to increase your fitness and improve in each of these parameters to live a *long & healthy life*.

Training Zones					
Zone	HR Range	Wattage Range	RPE	Benefits	Training Type
Zone 5	???	???	10/10 Feels impossible to continue.	Improves anaerobic capacity, VO2max, muscle metabolism.	???
Zone 4	???	???	8-9/10 Difficult to maintain exercise intensity.	Improves anaerobic capacity	???
Zone 3	???	???	6-7/10 On the verge of becoming uncomfortable, short of breath.	Improves VO2 and cardiac strength.	???
Zone 2	???	???	4-5/10 Feels like you can exercise for long periods of time.	Improves aerobic capacity.	???
Zone 1	???	???	2-3/10 Easy to breathe.	Improves fat burning.	???

CUSTOMIZED FOR YOU

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