

The Phoenix Health Center Is Excited To Offer A New Fitness Tool To Its' Members!



Schedule to experience the IMETT!

What is the IMETT? The IMETT is a machine that is capable of helping you to achieve fitness goals. Whether you are trying to lose weight, improve your performance at your next physical, develop stronger legs, increase cardiovascular conditioning, train for your first half or full marathon, or increase your performance level at a specific sport...the IMETT can help.

The test takes about 20-30 minutes from start to finish with the exercise portion lasting approximately 6-10 minutes. The IMETT uses heart rate to track when a person transitions from aerobic to anaerobic levels and how long or fast a person's heart recovers from the work. This is done by looking at Peak VO₂, Ventilatory Threshold, % of ventilatory threshold to peak, and heart rate recovery. Because this is not a VO₂ Max test it is painless, however, it does require a little hard work for a few minutes.

The test provides an excellent training program for an individual's specific goals. Training in specific heart rate zones in scientifically established programs can help a person get the most out of their cardiovascular training. It allows an individual to train for a specific purpose without any wasted effort or time.

The test can be performed at the health center or at the fire station. Once completed, a printed copy of the individual's program will be available. Programs can range from 4-12 weeks. At the end of the program an individual can request an addition to their already existing program or schedule to be re-tested and a new program developed from their new data.

This test is free to all members. To schedule an appointment or if you have questions please contact the health center at 256-9584 or Jo Ellen at 602 796-5425.