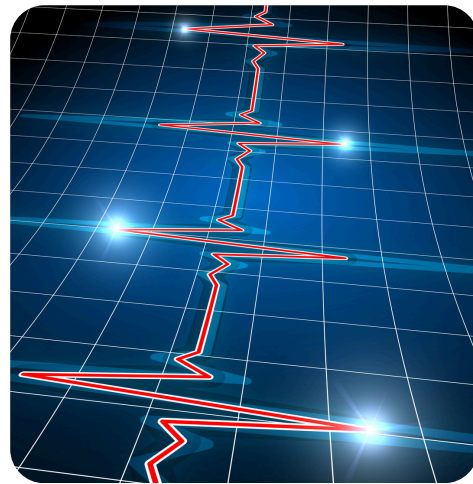


Heart Rate Assessment

Why is it important?



“Zone 2 or Lactic Threshold”

What do those words really mean and how do they apply to you as a cyclist?

Whether you are a seasoned cyclist or the new kid on the block, a **Heart Assessment** should be treated as a cyclists' equivalent of an annual health assessment.

As we get wiser or as we get fitter with our bike, our body undergoes physiological adaptations ranging from muscular to cardiovascular changes. With that in mind, further health risks that come with aging and the efficiency of our energy system will change accordingly.



By undergoing a heart assessment, the Sport Medicine team at Perth Integrated Health will provide you with training advice specific to your physiological response to different when compared to our chronological age, therefore, tailored conditioning program are crucial to mitigating risks such as calcification in the heart, neurological overload, and excessive fatigue from over training.

Cost : \$200

Locations :

**Unit 12, 8 Booth Place, Balcatta
48 Kishorn Road, Applecross**

Scan or call to book your assessment.



The Perth Integrated Health Sports Medicine Team are the official Medical Services team for the upcoming AusCycling Road Nationals which will be held in Perth in Jan 2025.

Enquiries and Bookings



www.pihc.com.au



cag@perthintegrated.com



9240 5266