

Directions for Fitness Professionals:

1. Copy and paste the information below into your preferred document software
2. Personalize copy/text for your organization (Edit this with the Address of your facility or state you will bring the analyzer On-Site to Their Department)
3. VO2 Master logo used as placeholder/example



Firefighter VO2 & Metabolic Readiness Testing

Why Your Firefighters Need VO2 Testing

Firefighting places extreme cardiovascular and respiratory demands on personnel—often at or near maximum metabolic output. Cardiac events remain a leading cause of line-of-duty deaths, and VO2 max is one of the strongest predictors of:

- occupational readiness
- ability to tolerate heat, gear, and load
- return-to-duty recovery
- long-term health resilience

Annual VO2 testing is recognized as a frontline wellness intervention for first responders.

A Turn-Key Program You Don't Need to Staff or Manage

Your department already faces massive operational demands. Running internal metabolic assessments would normally require:

- specialized training, testing equipment, administrative oversight and trained personnel

Annual VO2 testing is recognized as a frontline wellness intervention for first responders.

This program eliminates those barriers.

I provide **fully managed, on-site VO2 testing** for entire shifts using the portable, validated VO2 Master Analyzer.

- No equipment purchase
- No staff time required for testing
- No operational disruption

You get the benefits immediately with **zero internal burden.**

About the VO2 Master Analyzer

The VO2 Master is a next-generation portable metabolic analyzer trusted by:

- tactical and military groups
- university researchers
- human performance centers (Adidas, Gatorade etc)
- clinical wellness centers

Jeffrey Valice (Aevitas Health) explains this advantage clearly:

"When wellness providers use VO2 Master, departments gain lab-quality testing without needing to become a lab. It's the bridge between what chiefs want and what they have time to manage."

What Your Department Receives

1. On-Site VO2 Testing for Firefighters

Delivered directly at your station.

Typical testing time: **~60-75 minutes a test per firefighter for VO2 max and resting tests.**

2. Individual Firefighter Reports

Each firefighter receives a personalized report including:

- VO2 max score, thresholds & workload markers, fitness classification, zone training results

3. Department Summary Report

A clear, administrative-friendly overview showing:

- completion of testing, improvement trends, recommendations for wellness planning
- other requirements can be discussed

Dr. Shannon Snow (Valeo Health) describes the impact:

"VO2 testing brings clarity and confidence to decision-making. For firefighters, it's one of the highest-value assessments we can run."

4. Support for Return-to-Duty Evaluations

VO2 and ventilatory threshold testing help determine:

- aerobic fitness and readiness, submaximal work tolerance, recovery status after illness or injury

This gives Fire Chiefs a more complete picture than heart rate or subjective feedback alone.

5. Annual or Semi-Annual Testing Options

Your department can choose:

- Annual wellness testing for entire personnel
- Quarterly or semi-annual retesting
- Individual clearance testing as needed
- Subscription model or per-test billing

Email #1 — Initial Outreach to Fire Chief

Subject: Turnkey Firefighter VO2 Testing for Your Department

Chief xx,

My name is {{xx}}, and I'm a fitness/wellness professional in the {{City/Region}} area. I'm reaching out because many fire departments are prioritizing annual wellness and readiness testing but don't have the internal time, staffing, or equipment to run VO2 assessments in-house.

I provide **(on-site) firefighter VO2 and metabolic testing** using the VO2 Master Analyzer—a fully portable, validated system used by tactical teams, health clinics, and performance organizations across North America.

Your department wouldn't need to purchase equipment, allocate staff, or build internal protocols. I handle everything:

- On-site VO2 max & resting tests
- Efficient shift-based workflow (60-75 minutes)
- Individual firefighter summary reports
- Department-level summary for your wellness program if desired
- Return-to-duty evaluations when required

This kind of turnkey program is exactly what leaders like health and wellness leaders like Shannon Snow at Valeo Health and Jeffrey Valice at Aevitas Health offer their local fire departments.

I've attached a brief 2-page Fire Chief Information Resources for your review.

If you're open to it, I'd be happy to stop by for a **10-minute overview** and discuss what a simple, low-disruption testing session could look like for your team.

Would next Tuesday or Thursday morning work for you?

Respectfully,

{{xx Name}}

{{Your Title / Facility}}

{{Phone}}

{{Email}}

Email #2 – Follow-Up (If No Response)

Subject: Quick follow-up on VO2 testing for your firefighters

Chief {{Last Name}},

I wanted to follow up in case my previous message got buried. I know your schedule is extremely demanding.

I provide fully managed, on-site firefighter VO2 testing using the portable VO2 Master system—requiring no equipment purchase or staff support from your department.

Testing provides data that can support:

- annual wellness checks
- readiness for duty
- post-injury/illness return-to-duty evaluations
- improved cardiovascular resilience

VO2 testing is one of the most valuable fitness and readiness metrics that can be collected and now it can be done portably.

If you'd like, I can stop by briefly to explain workflow and show sample results. Would you be open to a short 10-minute meeting later this week?

Thank you for your time,
{{xx Name}}

Email #3 — After a Meeting or Phone Call

Subject: Next steps + VO2 testing packet for your department

Chief {{Last Name}},

Thank you again for your time. As discussed, here's the Firefighter VO2 Testing Packet outlining:

- how on-site testing works
- time required per shift
- sample reporting
- annual or individual testing options
- readiness protocols

If you'd like, I can hold a pilot testing session for a single shift so you can see the workflow firsthand. Most departments find that a short pilot helps them understand the efficiency and value immediately.

Please let me know which day works best for you, and I'll reserve it.

Best regards,
{{Your Name}}

VO2 Master is not a medical device; it is not intended to diagnose, treat, cure, or prevent any disease.
US Patent No. 11284814 | PATENTS PENDING

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