

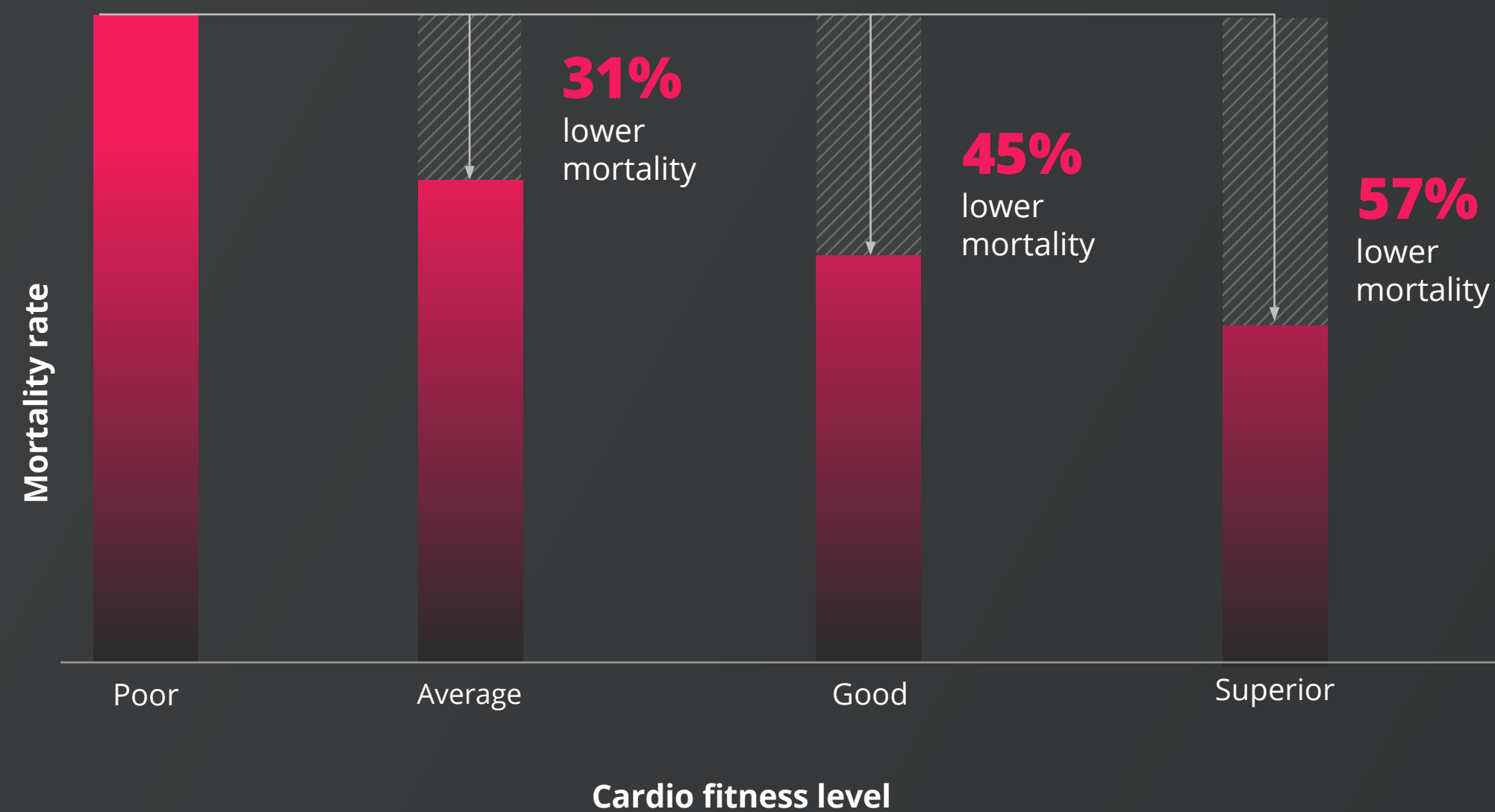


# Cardio fitness is an important measure of mortality and morbidity

Cardio fitness correlates with an individual's lifespan and healthspan. A higher level of cardio fitness increases the likelihood of a longer life lived in good health.



## Mortality risk decreases as cardio fitness level increases



Source: Peter Kokkimos, C. F. (2023). Changes in Cardiorespiratory Fitness and Survival in Patients With or Without Cardiovascular Disease. Journal of the American College of Cardiology.

## Risk of developing chronic conditions decreases as cardio fitness level increases

Mounting evidence supports a strong and inverse association between cardio fitness and the risk of developing hypertension and dyslipidemia. In addition, improving or maintaining a certain level of cardio fitness over time leads to lower incidence of hypertension and dyslipidemia.

EXPERT

Prof Jon *Patricios*



"Cardiorespiratory fitness (CRF) is a useful measure of both past physical activity and exercise potential that is easily measured in either a field or office setting. It is useful as a proxy measure for health and should be regarded as a vital sign. CRF is an independent predictor of cardiovascular and all-cause mortality and risk of developing chronic diseases. Vitality incentivising individuals to measure and improve their cardiorespiratory fitness is a positive step change in the programme."

- Prof John Patricios, Professor of Sport and Exercise Medicine, University of the Witwatersrand



## AWARDING VITALITY FITNESS POINTS FOR CARDIO FITNESS

From early 2024, Vitality members can earn up to 10,000 Vitality fitness points every year for their cardio fitness, as measured through a fitness device or from the results of a Vitality Fitness Assessment.

Earn up to **10,000 Vitality fitness points** for cardio fitness

Fitness level	Points
5	10,000
4	7,000
3	4,500
2	2,500
1	1,000

### TECHNICAL DETAILS

#### How points will be awarded

- The average of five VO<sub>2</sub> max estimates from a fitness device will be used to determine a fitness level and award Vitality points.
- These estimates must all be in the same calendar year.
- If there are more than five VO<sub>2</sub> max estimates, a rolling average of the last five estimates from the same device manufacturer will be used.
- If the rolling average improves as more qualifying workouts are done in the year and the member progresses to a higher fitness level, additional Vitality points will be awarded. In cases where their average drops and the member falls into a lower fitness level, Vitality points will not be deducted.
- Points awarded for cardio fitness will contribute to the maximum 30,000 Vitality fitness points that members can earn.
- Vitality reserves the right to ask a member to complete a Vitality Fitness Assessment to confirm the VO<sub>2</sub> max estimate from their wearable device.

#### Points will be awarded for VO<sub>2</sub> max readings from the below set of fitness devices:

- Apple
- Garmin
- Samsung

#### Vitality Fitness Assessment

- Members can continue to complete the Vitality Fitness Assessment to get valuable insights, which will include a cardio test, strength & flexibility test or falls risk functional test for members 65 years and older.
- If members have a device that estimates VO<sub>2</sub> max and do a Vitality Fitness Assessment, they will receive the higher of the points awarded.

#### High Performance Vitality Fitness Assessment

The High Performance Vitality Fitness Assessment will be removed due to low take-up in previous years. Members can earn up to 10,000 Vitality fitness points through a standard Vitality Fitness Assessment or device VO<sub>2</sub> max estimates.