

Cardiovascular Fitness Results Notification

Dear [Recipient's Name],

We are pleased to inform you that your cardiovascular fitness assessment has been completed. Below are your results:

Metric	Result	Range
VO2 Max	[Your Result] mL/kg/min	[Normal Range]
Heart Rate Recovery	[Your Result] bpm	[Normal Range]
Resting Heart Rate	[Your Result] bpm	[Normal Range]

These results are indicative of your cardiovascular fitness level. For a more comprehensive understanding, we recommend scheduling a follow-up consultation with your healthcare provider.

Thank you for prioritizing your health and fitness!

Sincerely,

[Your Name]
[Your Position]
[Your Organization]