

Cardiovascular Risk Identification and Reduction Program

Location: F.I.T.T. Building (adjacent to Minges Coliseum)

Established: Started Fall 1982

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Purpose: This program is designed to establish a participant's heart disease risk and provide strategies for modifying heart disease susceptibility that include exercise and lifestyle modifications. This is a comprehensive cardiovascular assessment program for individuals without known heart disease.

Instrumentation:
Dual Energy X-ray Absorptiometer (DXA), Electrocardiographic systems (EKG), Treadmills, Cycle Ergometers.

Capabilities:

- Cardio-respiratory exam by a physician
- Resting 12-lead (EKG)
- Blood pressure assessment
- Lipid, insulin and glucose panel
- Exercise stress test (with 12-lead EKG)
- Body composition (DXA & Skinfolds)
- Individualized aerobic exercise prescription
- Educational presentations for group
- *Maximal aerobic capacity testing (VO2 max test)
- *Lactate threshold
- *Nutritional assessment

*Supplemental to the program at additional costs.

This description was last updated (9/08.)