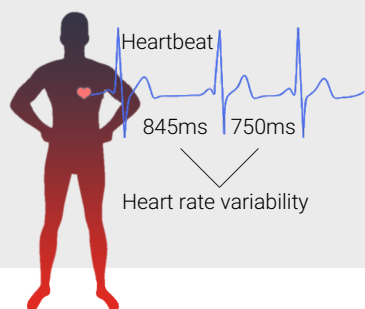




## Lifestyle Assessment

# WHAT DOES THE LIFESTYLE ASSESSMENT TELL?



The Lifestyle Assessment will help you to manage stress, recover better and exercise right. The assessment is based on analysis of heart rate variability (HRV).

The goal is to find a balance between work and leisure and between activity and rest, and to identify one's strengths and development areas. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.

**Stress** means an elevated activation level in the body, and it can be positive or negative.

**Recovery** means a calming down of the body. Important recovery periods include sleep and peaceful moments during the day.

**Physical activity** means physical loading during which energy expenditure is significantly increased.

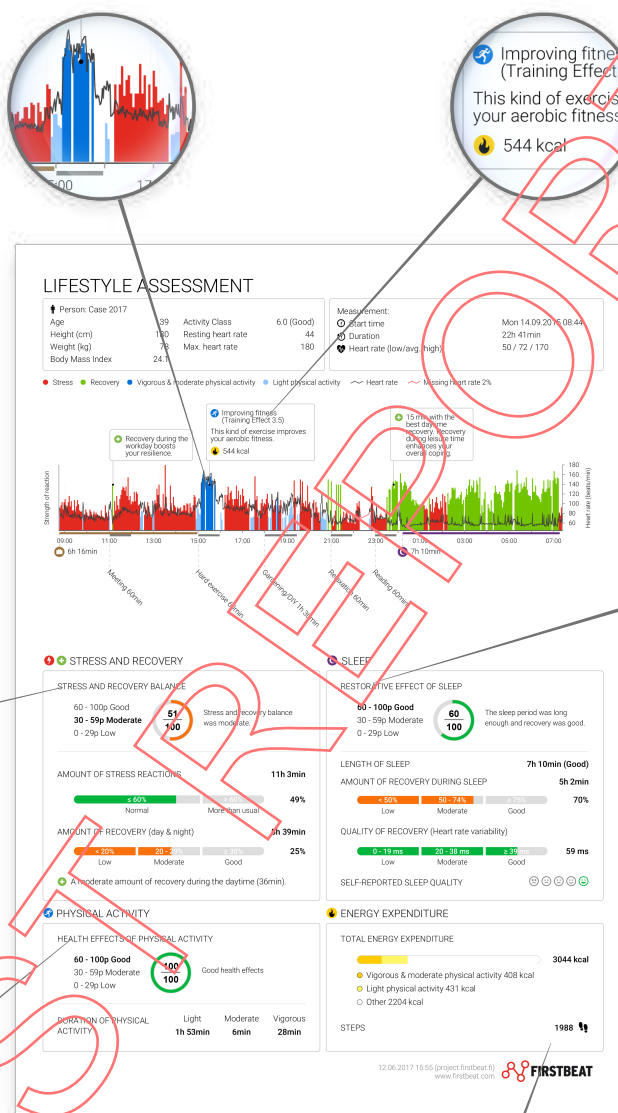
- Vigorous physical activity > 60%,
- moderate 40–60% and
- light < 40% of maximal capacity.



**Stress and recovery balance** consists of the total amount of stress and recovery, as well as recovery during the awake time.



**The health effects of physical activity** are based on the duration and intensity of aerobic physical activity. According to recommendations, for example 30 mins of moderate or 20 mins of vigorous physical activity produce good health effects.



Improving fitness (Training Effect 3)  
This kind of exercise improves your aerobic fitness.  
544 kcal

**Training Effect** tells the effect of an exercise session on personal fitness development (on a scale of 1-5).

- 5.0 Temporary overloading
- 4.0 > Highly improving
- 3.0 > Improving
- 2.0 > Maintaining
- 1.0 > Easy recovery



**Restorative effect of sleep** is influenced by sleep duration and the amount and quality of recovery during sleep.

**Length of sleep** is the period recorded in the journal, from going to bed to waking up.

**Amount of recovery** means the share of recovery during the sleep period.

**Quality of recovery** means the amount of heart rate variability during sleep. Age and heredity influence HRV, and age is considered in the reference values.

1988

**Steps** are recognized from the movement data and they accumulate during walking and running. Steps do not accumulate for example during cycling or very light movement. 10,000+ steps per day characterize a very active day.

# PRE-QUESTIONNAIRE REPORT











Profile

5

Measurement start date

16.05.2018

## QUESTIONNAIRE RESULTS

- I think I am physically active enough to get health benefits.  Completely agree
- I think my physical activity is intensive enough to improve my fitness.  Partially agree
- In my opinion, my eating habits are healthy.  Partially agree
- I feel that my alcohol consumption is not excessive.  Completely agree
- I don't generally feel stressed.  Completely agree
- My days include breaks that allow me to recover.  Partially agree
- I usually feel rested and energetic.  Partially agree
- I feel that I sleep enough.  Completely agree
- I feel that I can influence the things that affect my health.  Completely agree
- In my opinion, I feel well at the moment.  Completely agree



### Scale of answers:

*Completely agree*

*Partially agree*

*Cannot say*

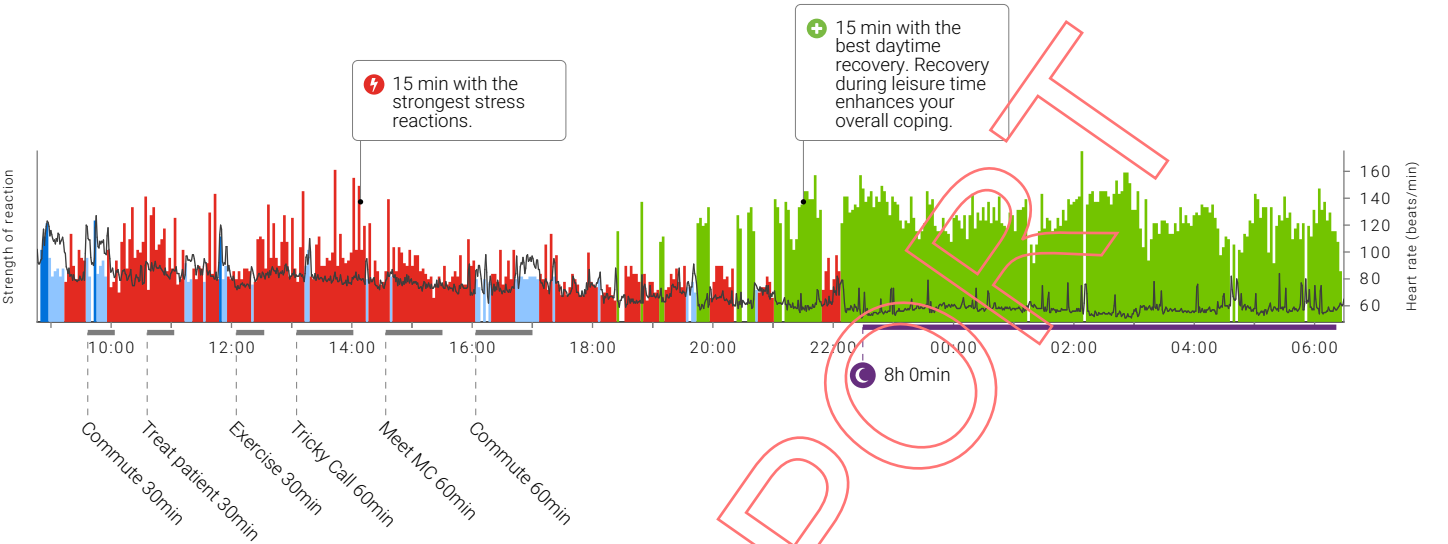
*Partially disagree*

*Completely disagree*

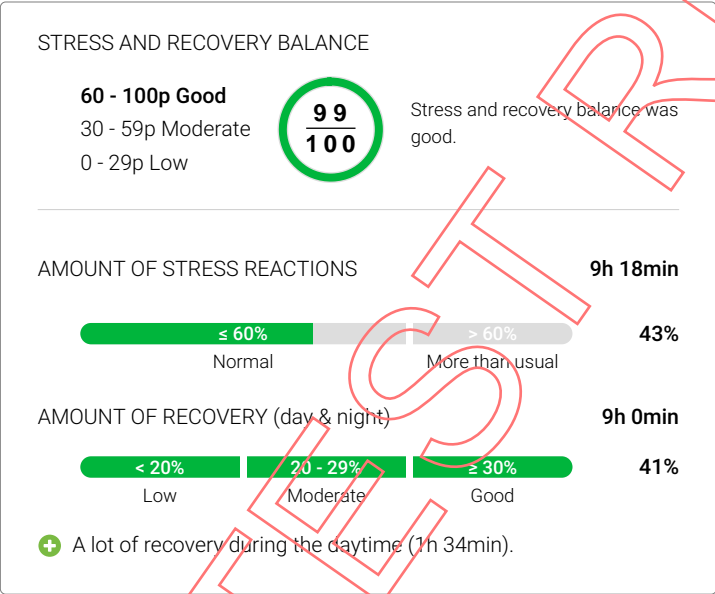
# LIFESTYLE ASSESSMENT

Person: 5			
Age	52	Activity Class	6.0 (Good)
Height (cm)	172	Resting heart rate	48
Weight (kg)	73	Max. heart rate	175
Body Mass Index	24.7		
Measurement:			
Start time	Wed 16.05.2018 08:46		
Duration	21h 44min		
Heart rate (low/avg./high)	49 / 68 / 127		

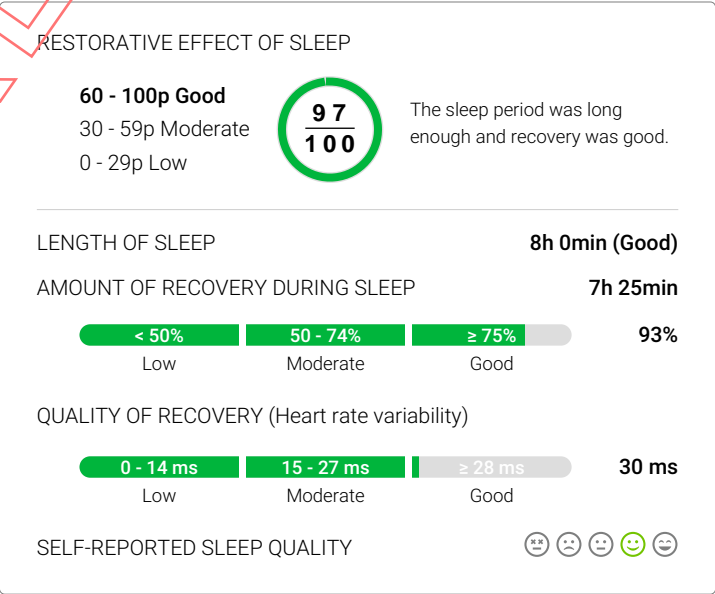
● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 0%



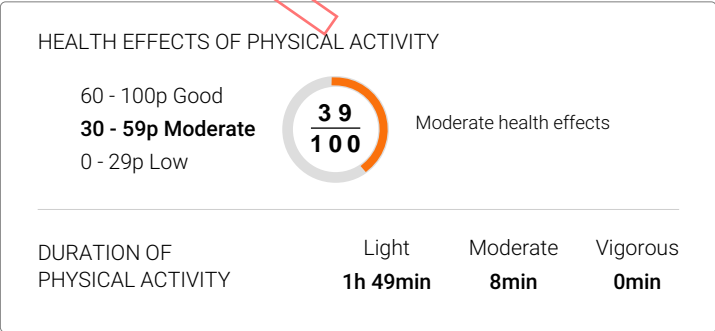
## STRESS AND RECOVERY



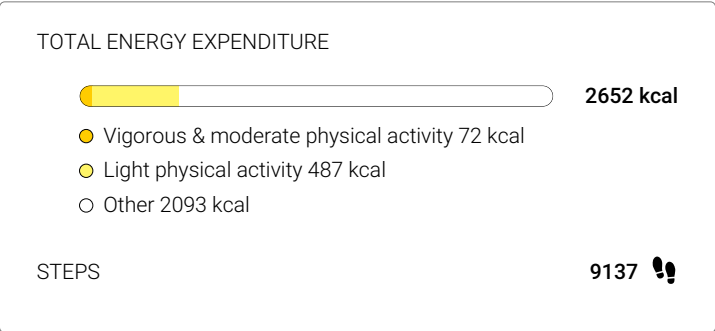
## SLEEP



## PHYSICAL ACTIVITY

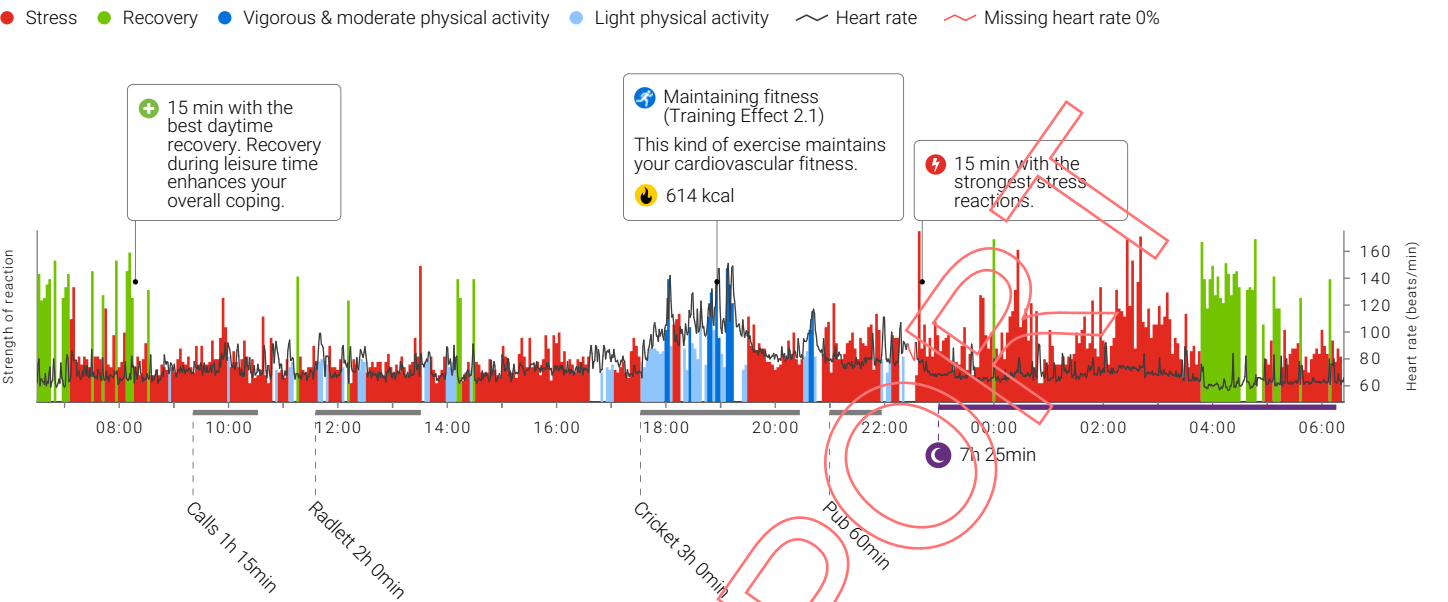


## ENERGY EXPENDITURE

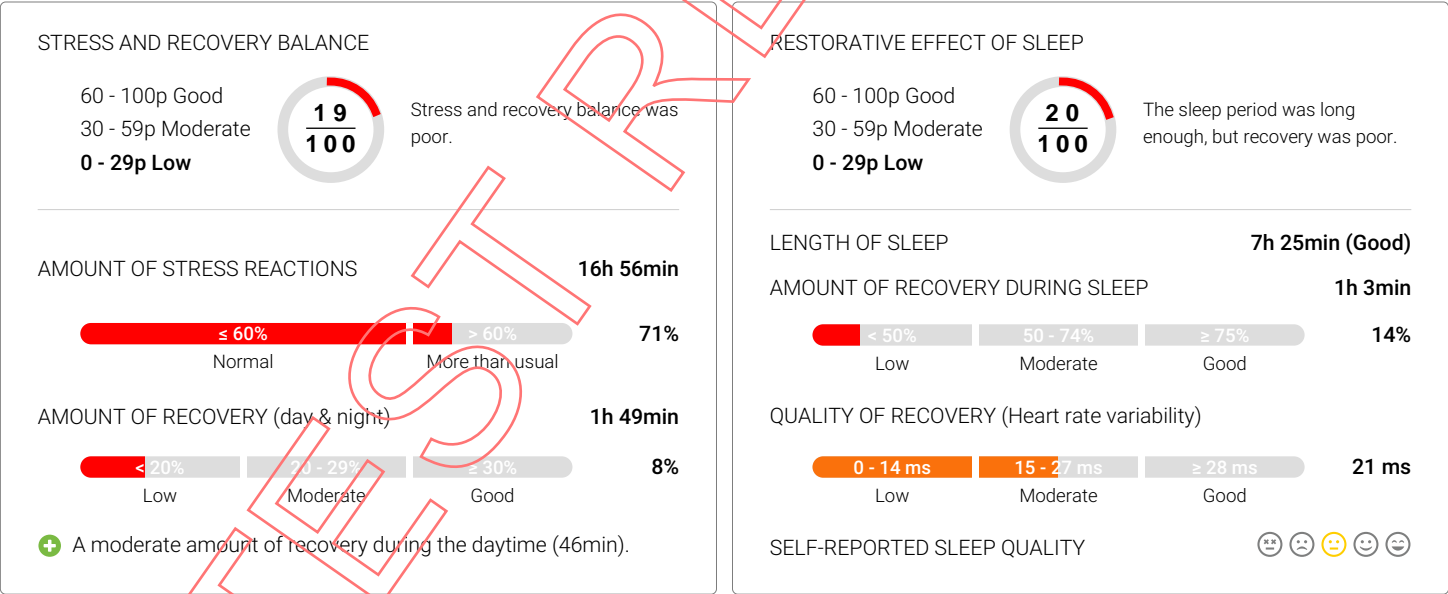


# LIFESTYLE ASSESSMENT

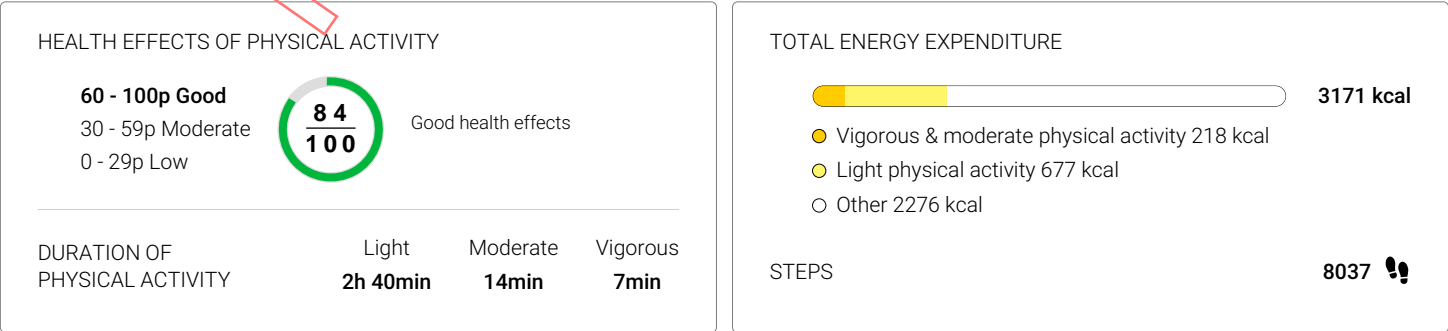
Person: 5			
Age	52	Activity Class	6.0 (Good)
Height (cm)	172	Resting heart rate	48
Weight (kg)	73	Max. heart rate	175
Body Mass Index	24.7		
Measurement:			
Start time	Thu 17.05.2018 06:30		
Duration	23h 55min		
Heart rate (low/avg./high)	56 / 72 / 151		



## STRESS AND RECOVERY



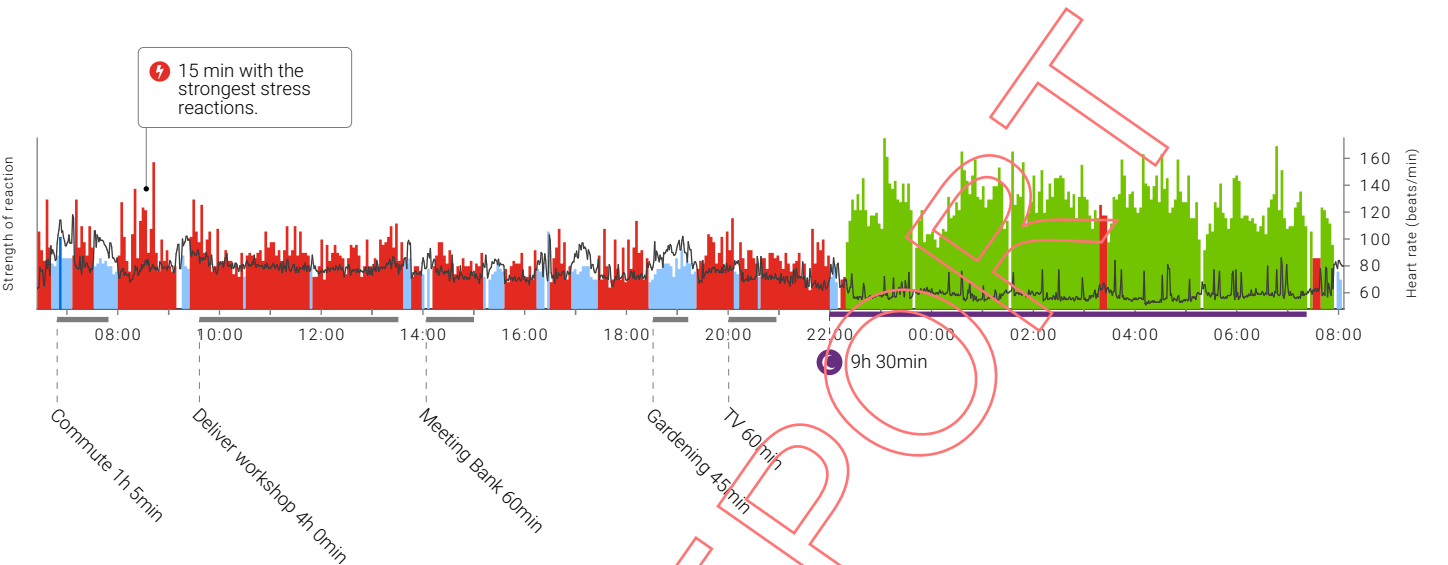
## PHYSICAL ACTIVITY



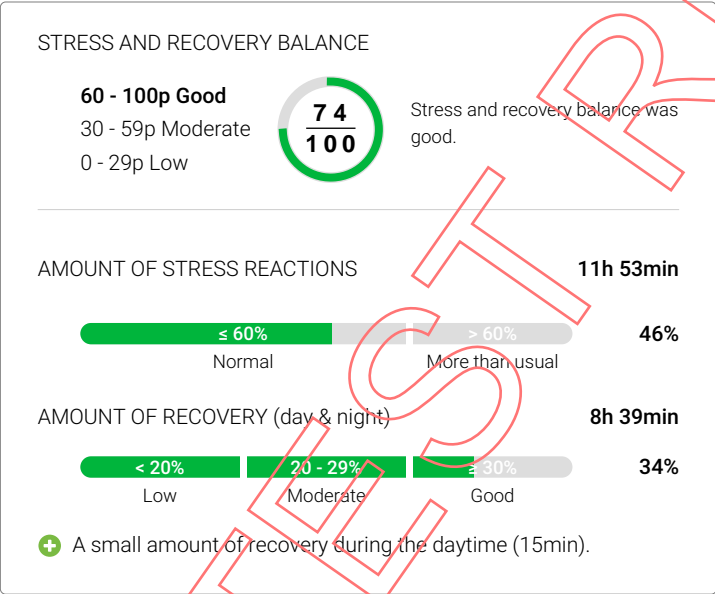
# LIFESTYLE ASSESSMENT

Person: 5			
Age	52	Activity Class	6.0 (Good)
Height (cm)	172	Resting heart rate	48
Weight (kg)	73	Max. heart rate	175
Body Mass Index	24.7		
Measurement:			
Start time	Fri 18.05.2018 06:25		
Duration	25h 42min		
Heart rate (low/avg./high)	49 / 69 / 118		

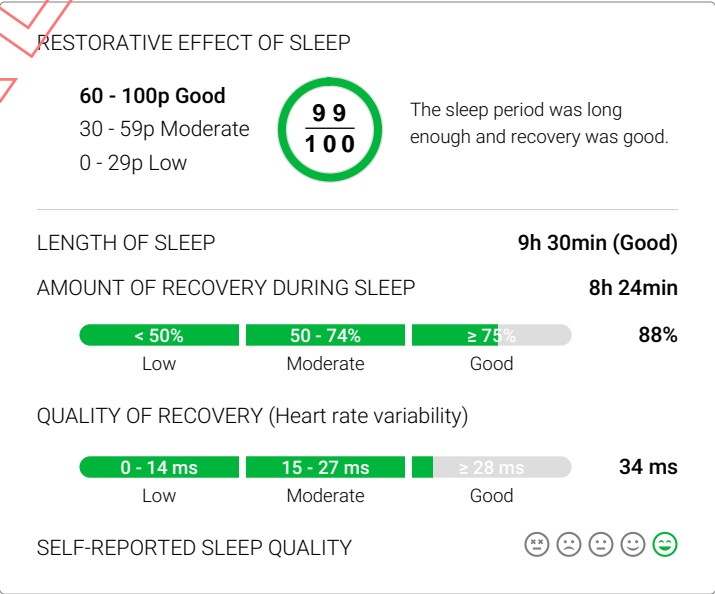
● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 0%



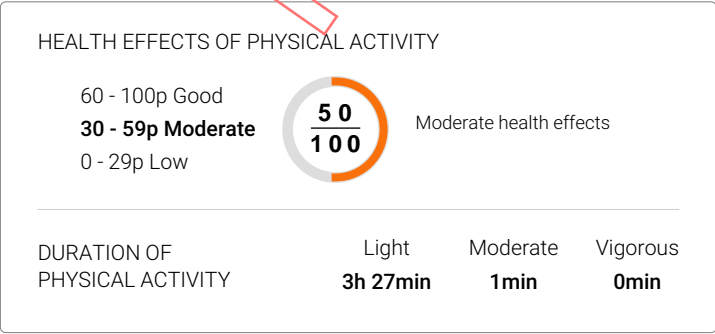
## STRESS AND RECOVERY



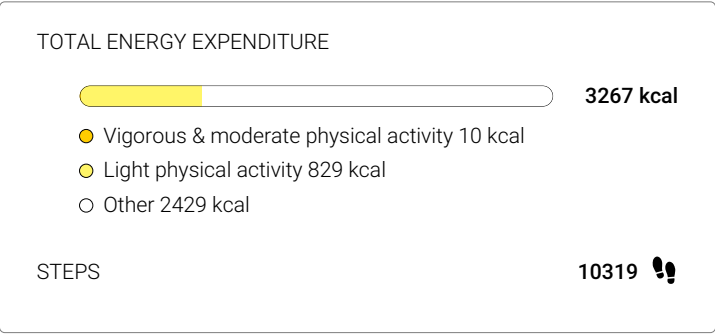
## SLEEP



## PHYSICAL ACTIVITY



## ENERGY EXPENDITURE

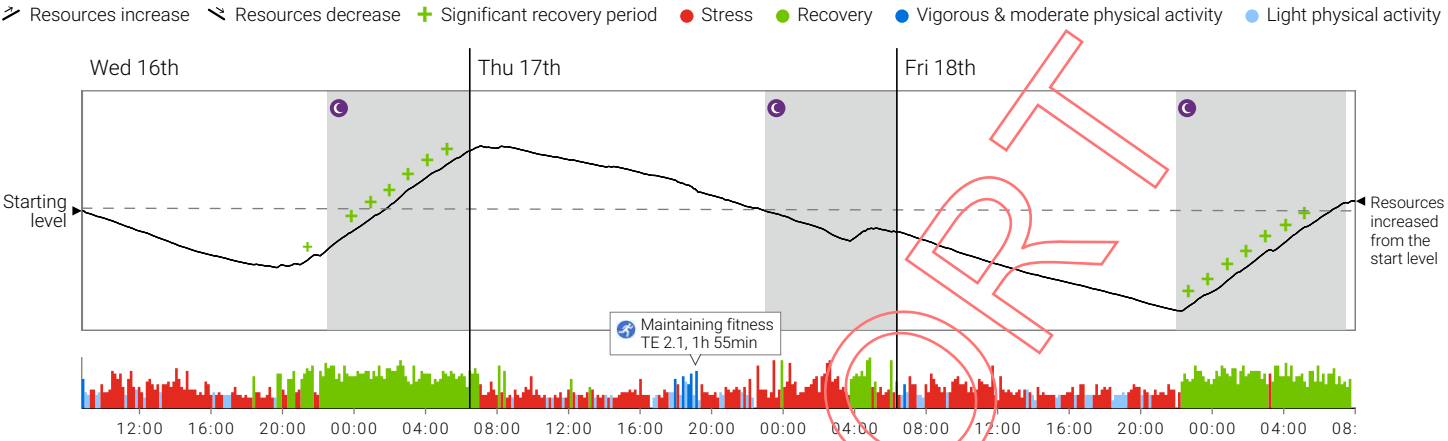


# LIFESTYLE ASSESSMENT SUMMARY

Person: 5			
Age	52	Activity Class	6.0 (Good)
Height (cm)	172	Resting heart rate	48
Weight (kg)	73	Max. heart rate	175
Body Mass Index	24.7		

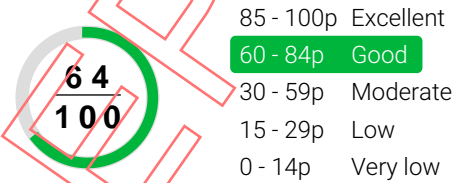
Assessment: 16.05.2018 - 18.05.2018

## BODY RESOURCES



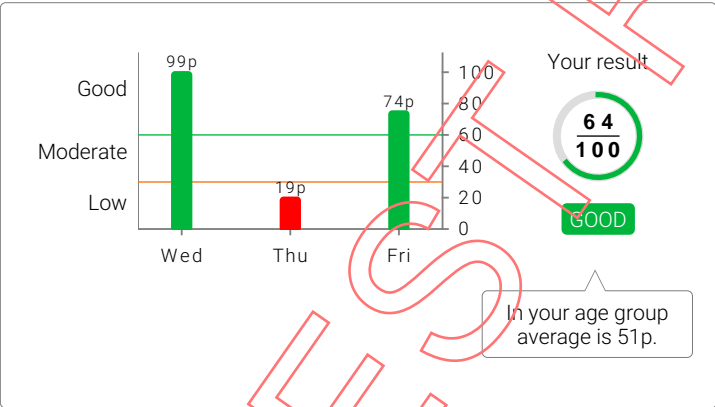
## LIFESTYLE ASSESSMENT SCORE

The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.

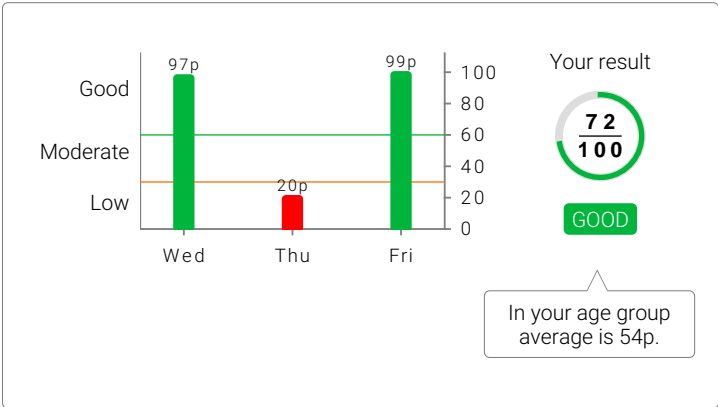


The average score of all Lifestyle Assessment participants is 55p.

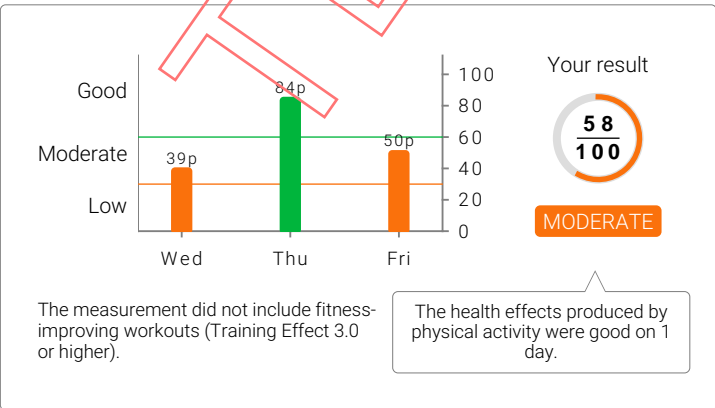
## STRESS AND RECOVERY BALANCE



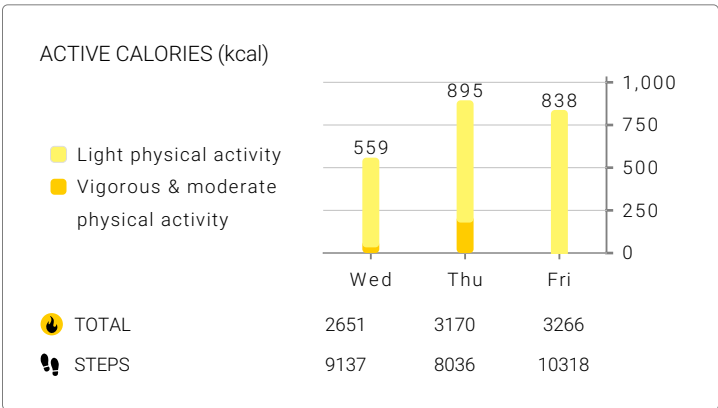
## RESTORATIVE EFFECT OF SLEEP



## HEALTH EFFECTS OF PHYSICAL ACTIVITY



## ENERGY EXPENDITURE



# FITNESS LEVEL

Person: 5				Assessment: 16.05.2018 - 18.05.2018	
Age	52	Activity Class	6.0 (Good)		
Height (cm)	172	Resting heart rate	48		
Weight (kg)	73	Max. heart rate	175		
Body Mass Index	24.7				

## FITNESS LEVEL (VO2max)



### Maximal oxygen uptake (VO2max) – A measure of aerobic fitness

Maximal oxygen uptake (VO2max) describes the ability of the cardiorespiratory system to deliver oxygen to working muscles and the ability of the body to utilize oxygen to produce energy during exercise. High maximal oxygen uptake means good endurance, which research has shown to be associated with better health and performance and smaller mortality risk.

Maximal oxygen uptake is traditionally measured in the laboratory by analyzing respiratory gases, and its unit is milliliters of oxygen per minute per kilogram of body weight (ml/kg/min). Firstbeat Lifestyle Assessment estimates the maximal oxygen uptake by comparing the body's load to walking speed during walking segments detected in the measurement. The result is compared to people of the same age and sex. Typically, maximal oxygen uptake ranges between 20-70 ml/kg/min.

\*VO2max reference values used with permission from the Cooper Institute, Dallas, Texas



# GOALS

---

Please set some personal goals for making changes in your lifestyle.

## Stress management

- ☐ I will set a realistic work schedule.
- ☐ I will take regular short breaks during the work day.
- ☐ After the workday, I will try to disengage from work by doing things that I enjoy.
- ☐ I will learn to say "No".

## Recovery and sleep

- ☐ I will continue to engage in my hobbies because positive experiences enhance my well-being.
- ☐ I will try to relax on a regular basis (e.g. relaxation techniques, music, TV, reading).
- ☐ I will avoid stressful things just before bedtime (e.g. alcohol, work and electronic devices).
- ☐ I will attempt to go to bed early enough to get enough sleep.

## Physical activity

- ☐ I will find an enjoyable form of exercise to engage in regularly.
- ☐ I will increase the amount of light physical activity, e.g. by using the stairs, walking short distances and avoiding uninterrupted sitting.
- ☐ I will attempt to engage in physical activity at least \_\_\_\_ times per week.
- ☐ I will take care of my muscles by including stretching as part of my weekly exercise routine.

## Nutrition

- ☐ I will maintain a regular meal rhythm.
- ☐ I will pay attention to the quality of what I eat, e.g. avoid products that contain excessive fats, sugar or salt.
- ☐ I will lose weight \_\_\_\_ kg.
- ☐ I will remember to drink and eat regularly, even when I'm busy.

## Own goals

---

---

---

---