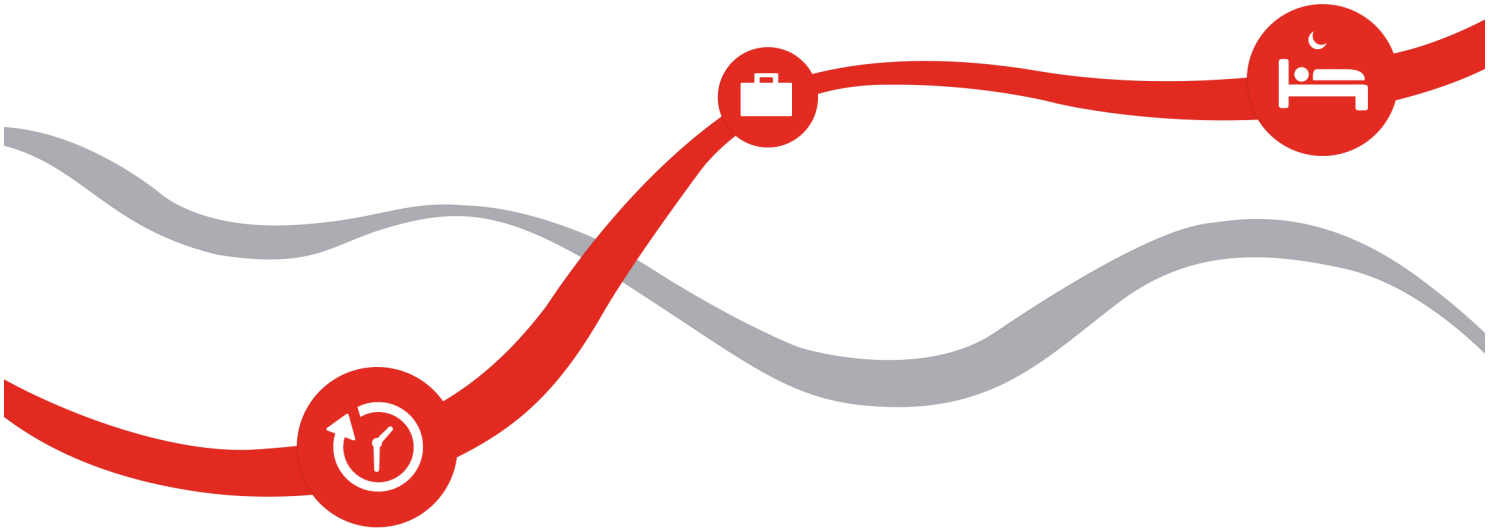
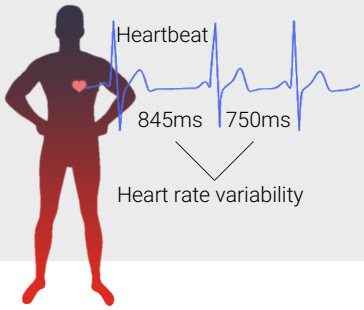


Firstbeat Lifestyle Assessment

FITTING LEADERSHIP

27242

WHAT DOES THE LIFESTYLE ASSESSMENT TELL?



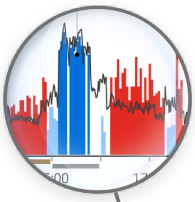
The Lifestyle Assessment will help you to manage stress, recover better and exercise right. The assessment is based on analysis of heart rate variability (HRV).

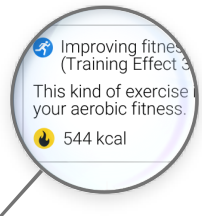
The goal is to find a balance between work and leisure and between activity and rest, and to identify one's strengths and development areas. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.

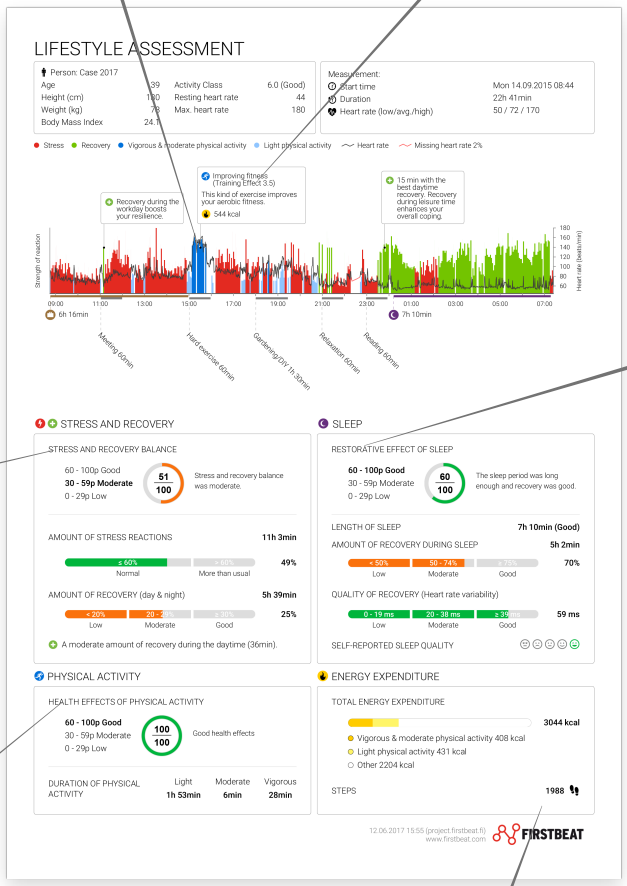
Stress means an elevated activation level in the body, and it can be positive or negative.

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.







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

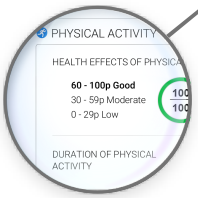
Stress and recovery balance consists of the total amount of stress and recovery, as well as recovery during the awake time.

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.



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.

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

27242

Measurement start date

27.10.2019

QUESTIONNAIRE RESULTS

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

Scale of answers:
Completely agree
Partially agree
Cannot say
Partially disagree
Completely disagree

LIFESTYLE ASSESSMENT

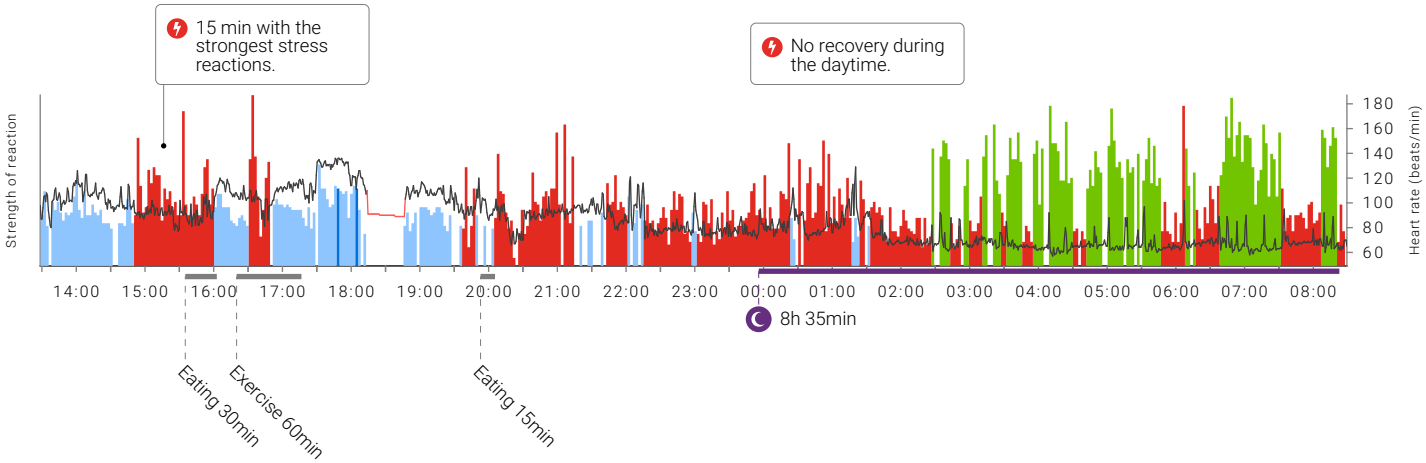
Person: 27242

Age	35	Activity Class	4.0 (Average)
Height (cm)	165	Resting heart rate	49
Weight (kg)	70	Max. heart rate	187
Body Mass Index	25.7		

Measurement:

Start time	Sun 27.10.2019 13:28
Duration	19h 1min
Heart rate (low/avg./high)	55 / 81 / 136

Stress · Recovery · Vigorous & moderate physical activity · Light physical activity · Heart rate · Missing heart rate 3%



STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

60 - 100p Good
30 - 59p Moderate
0 - 29p Low

24/100

Stress and recovery balance was poor.

AMOUNT OF STRESS REACTIONS — 9h 6min

≤ 60%	> 60%	
Normal	More than usual	48%

AMOUNT OF RECOVERY (day & night) — 2h 53min

< 20%	20 - 29%	≥ 30%	
Low	Moderate	Good	15%

No recovery during the daytime.

SLEEP

RESTORATIVE EFFECT OF SLEEP

60 - 100p Good
30 - 59p Moderate
0 - 29p Low

34/100

The sleep period was long enough, but recovery was only moderate.

LENGTH OF SLEEP — **8h 35min (Good)**

AMOUNT OF RECOVERY DURING SLEEP — 2h 53min

< 50%	50 - 74%	≥ 75%	
Low	Moderate	Good	33%

QUALITY OF RECOVERY (Heart rate variability)

0 - 21 ms	22 - 42 ms	≥ 43 ms	
Low	Moderate	Good	35 ms

SELF-REPORTED SLEEP QUALITY

PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good
30 - 59p Moderate
0 - 29p Low

63/100

Good health effects

DURATION OF PHYSICAL ACTIVITY	Light	Moderate	Vigorous
	4h 1min	**6min**	**0min**

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE — 2398 kcal

- Vigorous & moderate physical activity 39 kcal
- Light physical activity 945 kcal
- Other 1415 kcal

STEPS — **9692**

LIFESTYLE ASSESSMENT

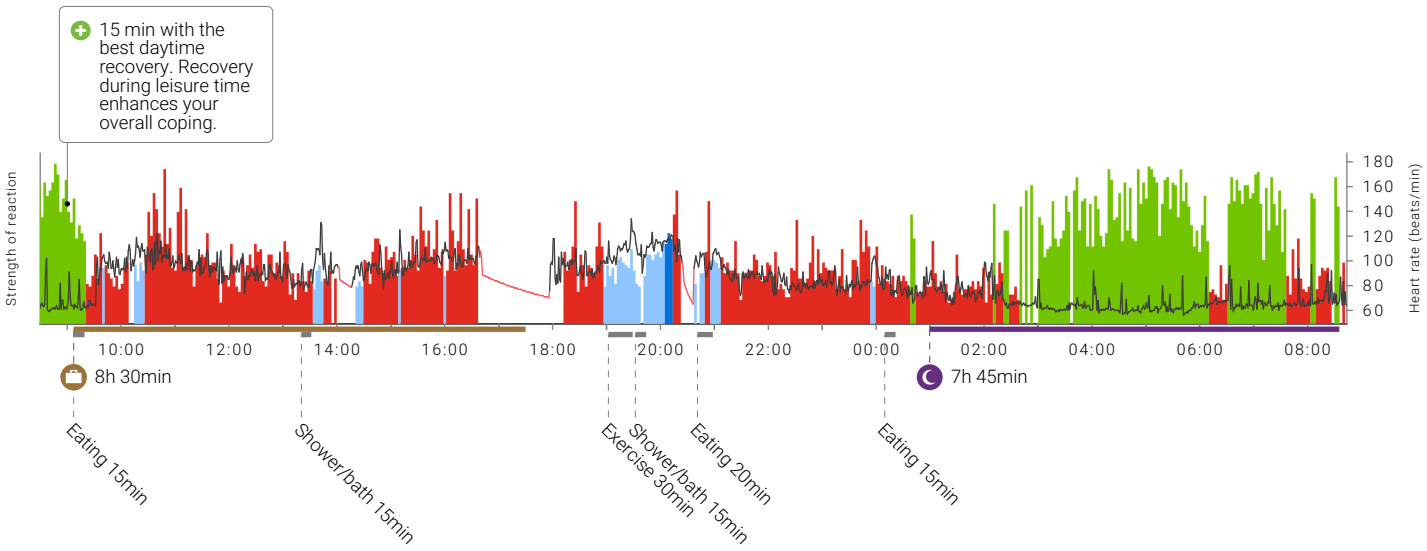
Person: 27242

Age	35	Activity Class	4.0 (Average)
Height (cm)	165	Resting heart rate	49
Weight (kg)	70	Max. heart rate	187
Body Mass Index	25.7		

Measurement:

Start time	Mon 28.10.2019 08:30
Duration	24h 15min
Heart rate (low/avg./high)	53 / 79 / 133

Stress · Recovery · Vigorous & moderate physical activity · Light physical activity · Heart rate · Missing heart rate 7%



STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

60 - 100p Good
30 - 59p Moderate
0 - 29p Low

40 / 100

Stress and recovery balance was moderate.

AMOUNT OF STRESS REACTIONS **13h 41min**

≤ 60%	> 60%	
Normal	More than usual	**56%**

AMOUNT OF RECOVERY (day & night) **5h 12min**

< 20%	20 - 29%	≥ 30%	
Low	Moderate	Good	**21%**

A moderate amount of recovery during the daytime (51min).

SLEEP

RESTORATIVE EFFECT OF SLEEP

60 - 100p Good
30 - 59p Moderate
0 - 29p Low

48 / 100

The sleep period was long enough, but recovery was only moderate.

LENGTH OF SLEEP **7h 45min (Good)**

AMOUNT OF RECOVERY DURING SLEEP **4h 21min**

< 50%	50 - 74%	≥ 75%	
Low	Moderate	Good	**56%**

QUALITY OF RECOVERY (Heart rate variability)

0 - 21 ms	22 - 42 ms	≥ 43 ms	
Low	Moderate	Good	**35 ms**

SELF-REPORTED SLEEP QUALITY

PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good
30 - 59p Moderate
0 - 29p Low

40 / 100

Moderate health effects

DURATION OF PHYSICAL ACTIVITY	Light	Moderate	Vigorous
	2h 9min	**5min**	**0min**

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE

2730 kcal

- Vigorous & moderate physical activity 33 kcal
- Light physical activity 502 kcal
- Other 2195 kcal

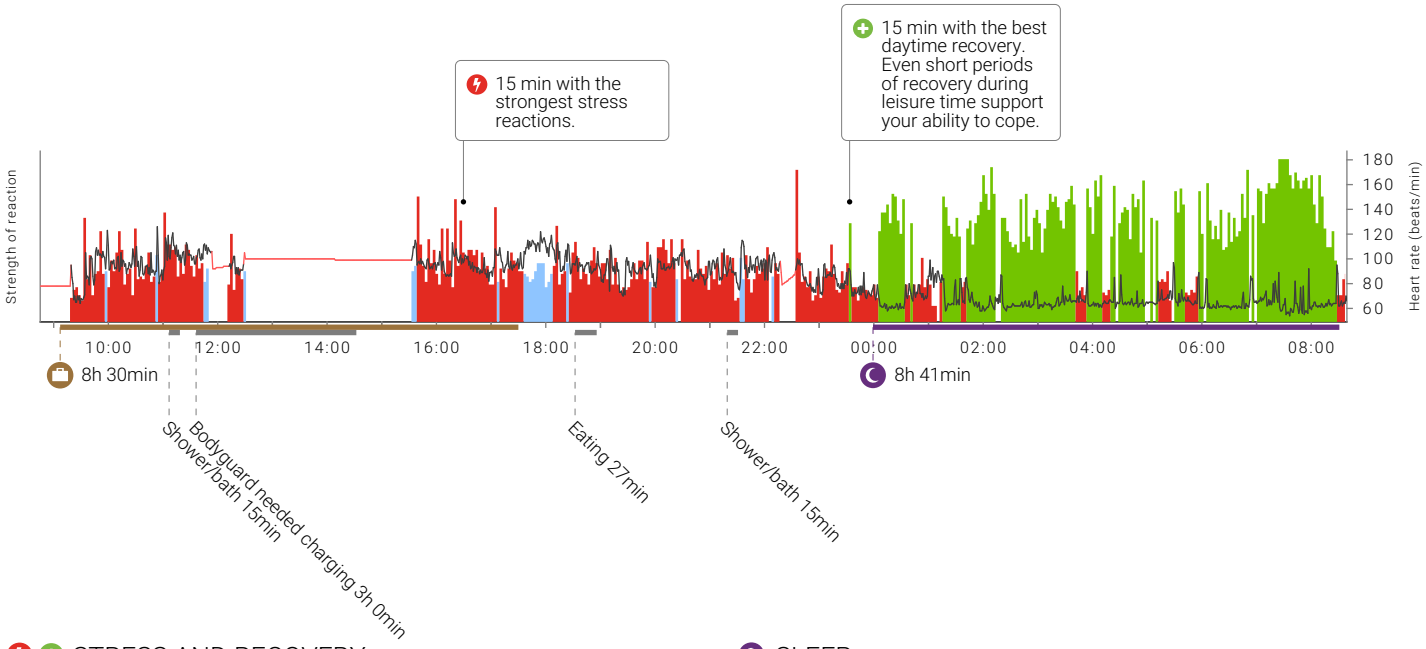
STEPS **7724**

LIFESTYLE ASSESSMENT

Person: 27242			
Age	35	Activity Class	4.0 (Average)
Height (cm)	165	Resting heart rate	49
Weight (kg)	70	Max. heart rate	187
Body Mass Index	25.7		

Measurement:	
Start time	Tue 29.10.2019 08:45
Duration	23h 55min
Heart rate (low/avg./high)	50 / 80 / 122

Stress · Recovery · Vigorous & moderate physical activity · Light physical activity · Heart rate · Missing heart rate 21%



STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

60 - 100p Good
30 - 59p Moderate
0 - 29p Low

- / 100

Points were not calculated because the amount of missing heart rate was above 20%.

AMOUNT OF STRESS REACTIONS — 11h 21min

≤ 60%	> 60%	
Normal	More than usual	47%

AMOUNT OF RECOVERY (day & night) — 6h 7min

< 20%	20 - 29%	≥ 30%	
Low	Moderate	Good	26%

A small amount of recovery during the daytime (1min).

SLEEP

RESTORATIVE EFFECT OF SLEEP

60 - 100p Good
30 - 59p Moderate
0 - 29p Low

75 / 100

The sleep period was long enough and recovery was good.

LENGTH OF SLEEP — **8h 41min (Good)**

AMOUNT OF RECOVERY DURING SLEEP — **6h 6min**

< 50%	50 - 74%	≥ 75%	
Low	Moderate	Good	70%

QUALITY OF RECOVERY (Heart rate variability)

0 - 21 ms	22 - 42 ms	≥ 43 ms	
Low	Moderate	Good	40 ms

SELF-REPORTED SLEEP QUALITY

PHYSICAL ACTIVITY

HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good
30 - 59p Moderate
0 - 29p Low

13 / 100

Minor health effects

DURATION OF PHYSICAL ACTIVITY	Light	Moderate	Vigorous
	1h 6min	**0min**	**0min**

ENERGY EXPENDITURE

TOTAL ENERGY EXPENDITURE — 2784 kcal

- Vigorous & moderate physical activity 0 kcal
- Light physical activity 221 kcal
- Other 2563 kcal

STEPS — **440**

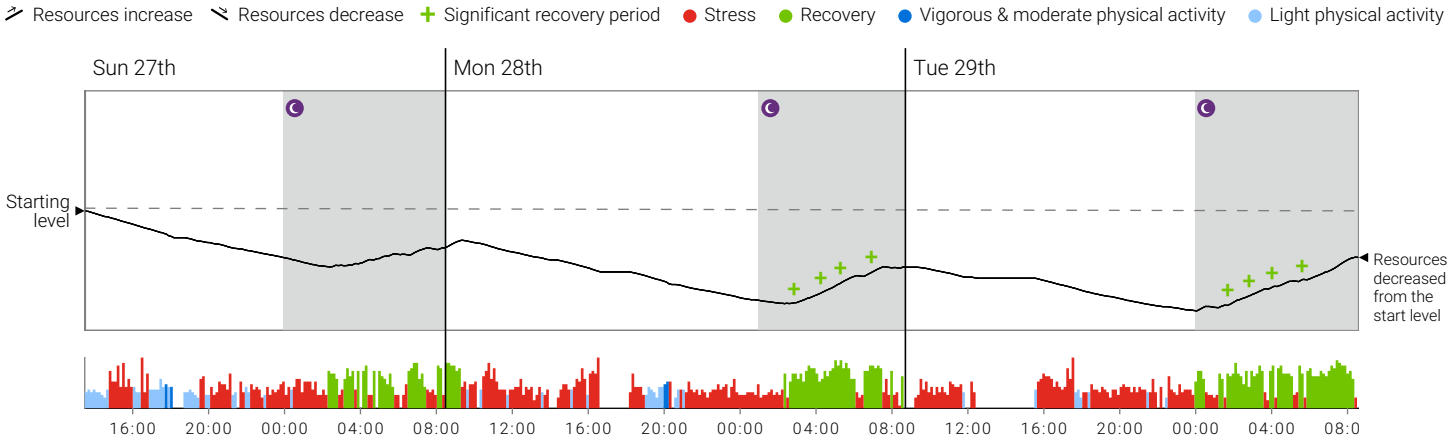
LIFESTYLE ASSESSMENT SUMMARY

Person: 27242

Age	35	Activity Class	4.0 (Average)
Height (cm)	165	Resting heart rate	49
Weight (kg)	70	Max. heart rate	187
Body Mass Index	25.7		

Assessment: 27.10.2019 - 29.10.2019
Additional information:
Missing heart rate: Tue 29th (21%)

BODY RESOURCES



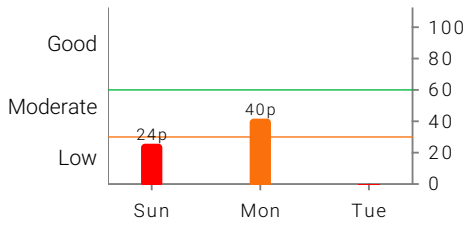
LIFESTYLE ASSESSMENT SCORE

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.

85 - 100p	Excellent
60 - 84p	Good
30 - 59p	**Moderate**
15 - 29p	Low
0 - 14p	Very low

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

STRESS AND RECOVERY BALANCE

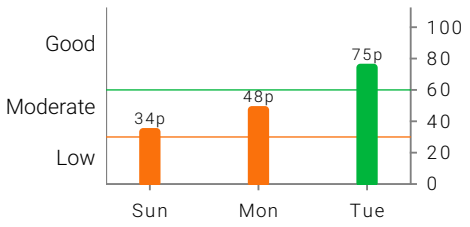


Your result

MODERATE

In your age group average is 55p.

RESTORATIVE EFFECT OF SLEEP

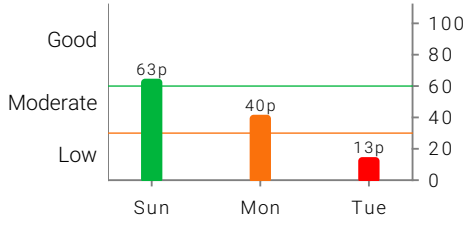


Your result

MODERATE

In your age group average is 59p.

HEALTH EFFECTS OF PHYSICAL ACTIVITY



Your result

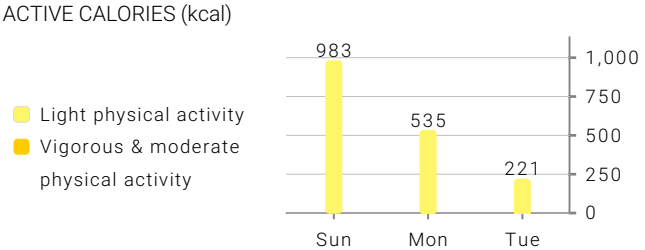
MODERATE

The measurement did not include fitness-improving workouts (Training Effect 3.0 or higher).

The health effects produced by physical activity were good on 1 day.

ENERGY EXPENDITURE

ACTIVE CALORIES (kcal)



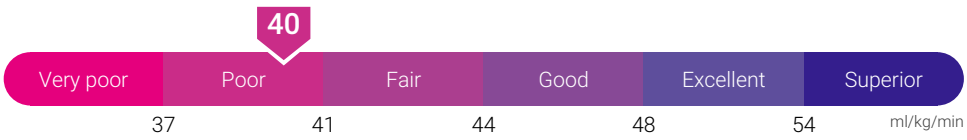
TOTAL	2398	2730	2784
STEPS	9692	7723	439

FITNESS LEVEL

Person: 27242			
Age	35	Activity Class	4.0 (Average)
Height (cm)	165	Resting heart rate	49
Weight (kg)	70	Max. heart rate	187
Body Mass Index	25.7		

Assessment: 27.10.2019 - 29.10.2019

FITNESS LEVEL (VO2max)



Your VO2max result is **40** ml/kg/min.

According to your age and gender your fitness level is **Poor.**

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*

TRAINING EFFECT REPORT

Measurement date
27.10.2019

Person: 27242

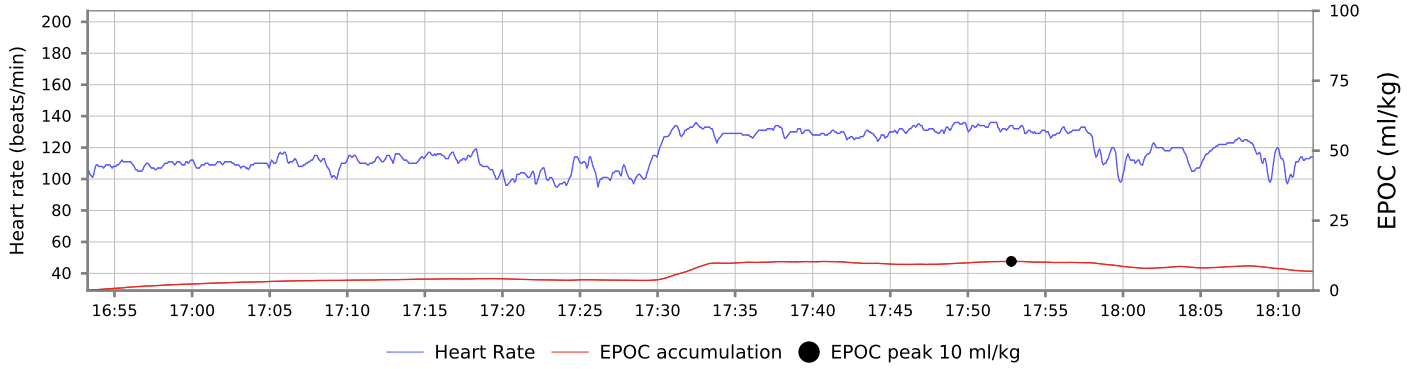
Age	35	Activity Class	4.0 (Average)
Height (cm)	165	Resting heart rate	49
Weight (kg)	70	Max. heart rate	187
Body Mass Index	25.7		

Measurement:

Start time	Sun 27.10.2019 16:53
Duration	1h 19min
Heart rate (low/avg./high)	96 / 117 / 136

EPOC AND TRAINING EFFECT CHART

EPOC (ml/kg) accumulation during the measurement. The effect of training on maximal aerobic power (VO2max) is based on the EPOC peak.



Training Effect: Easy recovery

1.8

Benefits: This is a good workout for health and wellness and in longer duration (over 1h) for developing the endurance base. Easy workouts also help recovery after harder ones.
Recommended: Beginners starting to exercise and for developing your endurance base. For athletes as a recovery workout and to develop the endurance base.

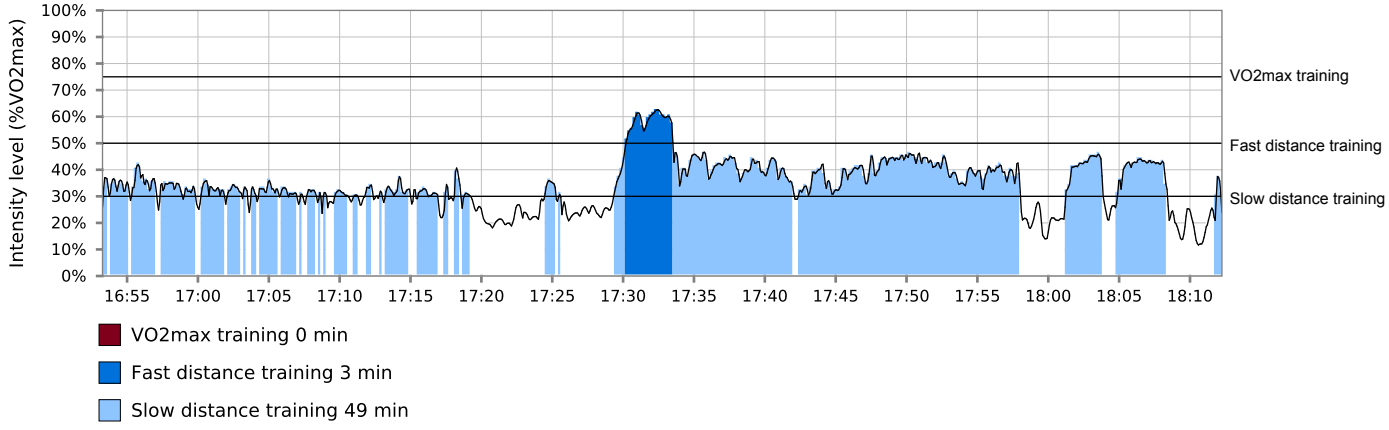
Exercise key figures

EPOC	10	ml/kg
Energy Expenditure	380	Kcal

EPOC (Excess Post-exercise Oxygen Consumption) *is a physiological measure of training load. The amount of EPOC achieved during exercise is directly proportional to the training load and recovery required.*

TRAINING CLASSIFICATION

Classification of the exercise to different endurance training types.



TRAINING EFFECT REPORT

Measurement date
28.10.2019

Person: 27242

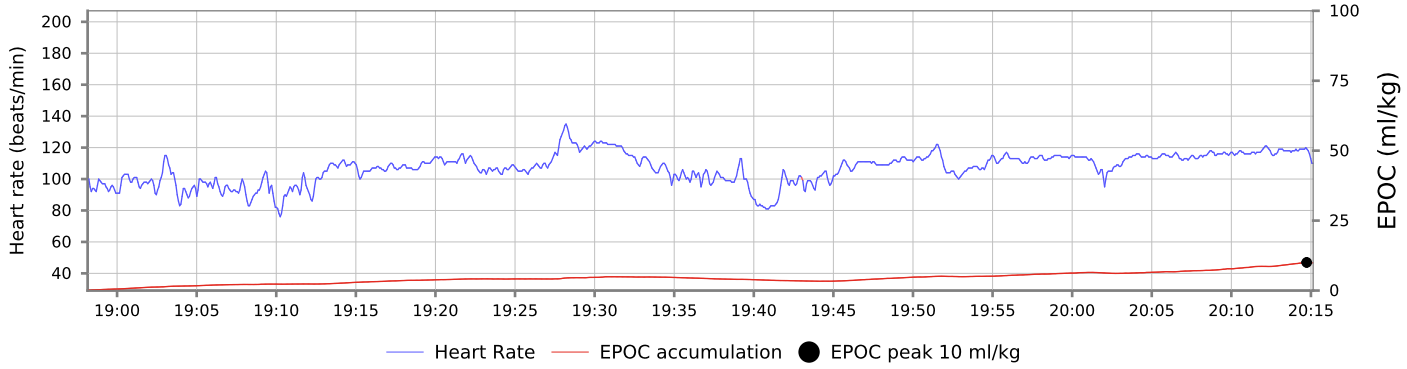
Age	35	Activity Class	4.0 (Average)
Height (cm)	165	Resting heart rate	49
Weight (kg)	70	Max. heart rate	187
Body Mass Index	25.7		

Measurement:

Start time	Mon 28.10.2019 18:58
Duration	1h 17min
Heart rate (low/avg./high)	80 / 107 / 133

EPOC AND TRAINING EFFECT CHART

EPOC (ml/kg) accumulation during the measurement. The effect of training on maximal aerobic power (VO2max) is based on the EPOC peak.



Training Effect: Easy recovery

1.8

Benefits: This is a good workout for health and wellness and in longer duration (over 1h) for developing the endurance base. Easy workouts also help recovery after harder ones.
Recommended: Beginners starting to exercise and for developing your endurance base. For athletes as a recovery workout and to develop the endurance base.

Exercise key figures

EPOC	10	ml/kg
Energy Expenditure	346	Kcal

EPOC (Excess Post-exercise Oxygen Consumption) *is a physiological measure of training load. The amount of EPOC achieved during exercise is directly proportional to the training load and recovery required.*

TRAINING CLASSIFICATION

Classification of the exercise to different endurance training types.