



## MANAGE STRESS

- ✓ Discover your daily stress levels.
- ✓ Recognise what causes stress during your daily routine.
- ✓ Plan ways to limit negative stress in your day.



## ENHANCE RECOVERY

- ✓ Uncover positive moments of recovery.
- ✓ Understand how to improve your sleep quality.
- ✓ Boost concentration, mood and performance.



## EXERCISE RIGHT

- ✓ See effects of physical activity, calories burned and daily steps.
- ✓ Learn the optimal level and type of exercise for you.
- ✓ Discover your Fitness Level based on VO2max estimate.

### Work, leisure and sleep: A 360-degree overview

Finding the ideal rhythm of life is important and wellbeing is influenced by every aspect of your routine. Lifestyle Assessment lets you recognise factors in your life that help, or hinder, your recovery and ability to reach maximum potential. A comprehensive overview of every area of your life - from work, to leisure, to sleep - leaves no stone unturned on the path to improved wellness.

### Proof of Progress

Monitoring regularly gives you the best insight into how your body is reacting to lifestyle changes. Tracking measurements provides important feedback and the opportunity for positive reinforcement. Detailed analytics on stress, recovery, sleep and fitness help fine-tune any wellness program and help you achieve optimum results.



“Having a healthy lifestyle includes all the things Lifestyle Assessment measures. Activity, quality of sleep, fitness and stress. If you can measure these things, then it creates much stronger results.”

Colin Thomas  
Clinical Physiologist, BMI Healthcare

### Fitness Level

For the first time Lifestyle Assessment gives you an objective estimate of your Fitness Level from a single 30-minute walk. See how you compare to peers, track progress and be motivated to improve.

**98%** of participants recommend

### Lifestyle Assessment users say:

**93%** received valuable info about stress

**98%** received valuable info about recovery

**82%** introduced positive lifestyle changes

**92%** feel Lifestyle Assessment contributed to improved wellbeing – now it's your turn!



STRESS



RECOVERY



EXERCISE



**Better understanding. Better decisions. Better wellbeing.**

- 1 Measure:**  
3-day measurement done without interrupting your normal routine.
- 2 See the results:**  
Personal report highlights factors influencing wellbeing and performance.
- 3 Find the balance:**  
Receive personalised feedback and recommendations.
- 4 See the effects:**  
Track progress made after changes via recurring measurements.

### What is Lifestyle Assessment?

Firstbeat Lifestyle Assessment is the only professional grade stress and recovery monitoring tool for health and wellness checks. Using unique, heart rate-based analytics, Lifestyle Assessment removes guesswork and reveals a personalised story of your physiological resources. It opens your eyes to changes that could lead to improved fitness, health and wellbeing - helping you make better lifestyle choices and become the best version of yourself.

**Find out how you can benefit – speak to your local service provider!**

[firstbeat.com/en/contact/find-provider/](https://firstbeat.com/en/contact/find-provider/)



**A HOLISTIC APPROACH TO WELLBEING**

**FIRSTBEAT LIFESTYLE ASSESSMENT FOR YOU**

