

Firstbeat Lifestyle Assessment

A holistic approach to wellbeing

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 reveals a personalised story of your physiological resources - opening your eyes to ways to improve fitness, health and wellbeing, and make better lifestyle choices. We help every individual reach their health and performance potential with science-backed confidence.



Manage stress

Discover your daily stress levels.

Recognise what causes stress during your daily routine.

Plan ways to limit negative stress in your day.

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





Enhance recovery

Uncover positive moments of recovery.

Understand how to improve your sleep quality.

Boost concentration, mood and performance.

PROOF OF PROGRESS

Regular measurements give you a window into how your body is reacting to lifestyle changes over time. Tracking changes in stress, recovery, sleep, and fitness using advanced performance analytics provides valuable feedback and the opportunity for positive reinforcement. Learn what works for you and fine-tune your wellness journey.

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.

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.



”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

92%

feel Lifestyle Assessment contributed to improved wellbeing

- NOW IT'S YOUR TURN!



Stress



Recovery



Exercise

98%

of participants recommend

93%

received valuable info about stress

98%

received valuable info about recovery

82%

introduced positive lifestyle changes





4 simple steps to 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.

Find out how you can benefit - Speak to your local service provider!

firstbeat.com/en/contact/find-provider/