



**MEASURE - SEE THE RESULTS -
GET THE BALANCE RIGHT!**

FIRSTBEAT LIFESTYLE ASSESSMENT



**MANAGE
STRESS**



**ENHANCE
RECOVERY**



**EXERCISE
RIGHT**

**Multiday, in-depth analysis reveals how to
improve your well-being and performance.**



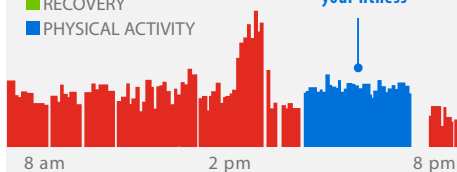
"I realized I am able to exercise more efficiently and be more active in my daily life"

>90%
RECOMMENDS

THURSDAY Busy workday

WORK

- STRESS
- RECOVERY
- PHYSICAL ACTIVITY



SLEEP



83%
STRESS



17%
RECOVERY

Poor sleep
quality 36%



YOUR STRESS LEVELS WERE HIGH



www.firstbeat.com/work-well-being

Ask for more



FIND THE BALANCE BETWEEN WORK, LEISURE AND SLEEP

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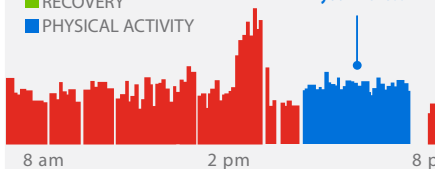
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