PLEASE NOTE ABOUT YOUR FIRSTBEAT LIFESTYLE ASSESSMENT RESULT

Based on your result, your recovery during the 3-day measurement period was moderate. Various stressors, such as illness, stress, alcohol, unhealthy lifestyle, and heavy physical stress can weaken your ability to recover.

Most common explanations for weakened recovery are:

* acute and chronic illnesses, pain
* alcohol and other drugs, nicotine
* high-intensity exercise or overtraining
* long-term heavy stress
* unhealthy lifestyle
* sleep problems (e.g. sleeplessness, sleep apnea)
* mixed-up sleep rhythm, shift work, jetlag
* medications that increase the heart rate
* mental health problems
* menopause

You do not need to worry about a moderate result, but it is important to try to identify the causes of excessive stress or compromised recovery – and react early. Even small changes can cause significant results. Do not skip meals, forget to drink at regular intervals, or cut down on sleep when you are busy. Good physical condition, regular relaxation, healthy relationships, enjoyable hobbies, and positive thinking promote your ability to recover.

Stress management is not about avoiding stress, but about managing the overall load. It is important to find a balance between work and leisure, and between being active versus resting.

More tips to support your well-being and health can be found in Firstbeat’s Wellness Guide

<https://www.firstbeat.com/en/wellness-guide/>