PLEASE NOTE ABOUT YOUR FIRSTBEAT LIFESTYLE ASSESSMENT RESULT

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

Most common explanations for weak 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

If your body does not recover at rest, especially during sleep, it is important to try to identify the reasons and determine if it is an acute or chronic situation. Long-term stress weakens the body’s defensive mechanisms and increases the risk of illness. Thus, it is important to plan steps to enhance recovery.

In a stressful life situation, the most important action points are to sleep, rest and relax enough, eat well, and avoid extra stressors, such as alcohol or very strenuous exercise. Friends and family, enjoyable hobbies, positive thinking, and light physical activity promote recovery.

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

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

If you want to discuss your result, please get in touch with the specialist who is providing your coaching. You can also contact your healthcare provider, especially if you feel exceptionally fatigued or weak.