

LIFESTYLE ASSESSMENT CONCLUSIONS

Person: 2017 Case

Age 45
Height (cm) 168
Weight (kg) 76
Body Mass Index 26.9

Thu 08.01.2017 06:26

22h 53min

51 / 72 / 157

● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart 1 ~ Missing heart rate 0%

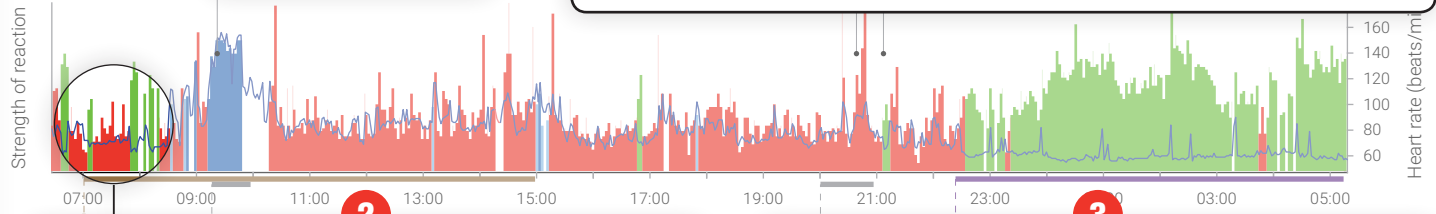
Improving fitness (Training Effect 3.1)

This kind of exercise improves your aerobic fitness.

283 kcal

Is the sleep period long enough, with good recovery?

- The sleep score (restorative effect of sleep) should ideally be at least **60** on most nights. A good score consists of a sufficiently long sleep period and a good amount and quality of recovery during sleep.
- The most common factors that weaken recovery are alcohol, stress, illnesses and medications, intensive exercise, poor physical fitness and overweight.



Is there recovery during the day?

- It's good to have some, even short recovery moments during the daytime.
- Activities that typically promote recovery include relaxation, meditation, naps, reading, listening to music and watching TV.

Are stress and recovery in balance?

- The stress and recovery score should ideally be at least **60** on most days. A good score requires a long enough sleep period with good recovery. In addition, recovery during the daytime affects the stress and recovery score.
- A stress reaction means an elevated activation level in the body. One does not need to avoid stress, as long as there is enough recovery to compensate for it.

STRESS AND RECOVERY

STRESS AND RECOVERY BALANCE

60 - 100p Good
30 - 59p Moderate
0 - 29p Low



Stress and recovery balance was moderate.

SLEEP

RESTORATIVE EFFECT OF SLEEP

60 - 100p Good
30 - 59p Moderate
0 - 29p Low



The sleep period was shorter than recommended and recovery was only moderate.

AMOUNT OF STRESS REACTIONS

13h 30min

LENGTH OF SLEEP

6h 57min (Moderate)

AMOUNT OF RECOVERY DURING SLEEP

5h 22min

What are the health effects of physical activity?

- It is recommended to get a physical activity score of **60** or more on most days. Both moderate and vigorous physical activity produce significant health effects and accumulate the score effectively.
- Light physical activity should also be performed daily, but its role in accumulating the physical activity score is smaller.

Does the physical activity have an improving effect on fitness?

- During the 3 days, it would be good to have at least one exercise session that has an improving effect on fitness (**training effect 3** or higher).
- You can achieve a fitness-improving training effect for example with a 30-minute moderate-intensity (aerobic) exercise session.

PHYSICAL ACTIVITY

Unlimited points: 80.38

ENERGY EXPENDITURE

HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good
30 - 59p Moderate
0 - 29p Low



Good health effects

DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
19min	14min	17min

TOTAL ENERGY EXPENDITURE

2024 kcal

- Vigorous & moderate physical activity 185 kcal
- Light physical activity 59 kcal
- Other 1781 kcal

STEPS

8359