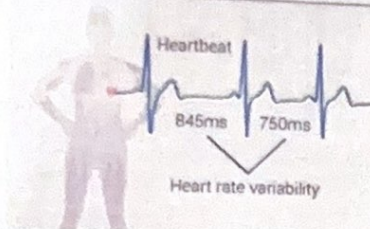
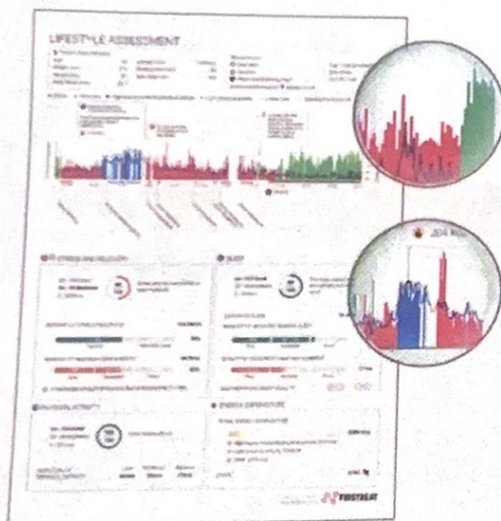


# WHAT DOES THE LIFESTYLE ASSESSMENT MEASURE?



The Lifestyle assessment will help you **manage stress, recover better and exercise right**. The assessment is based on analysis of heart rate variability (HRV).

The goal is to find a balance between work and leisure and between activity and rest. It is not essential to eliminate stress, but to ensure sufficient recovery and find a manageable rhythm to life.



● **STRESS REACTION** means an elevated activation level in the body. The reaction can be positive or negative. On average, there are 50% of stress reactions in a 24-hour period.\*

● **RECOVERY** means a calming down of the body. Important recovery periods include sleep and peaceful moments during the day. On average, there is 26% of recovery in a 24-hour period.\*

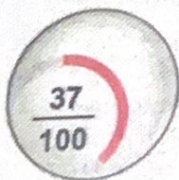
**PHYSICAL ACTIVITY** means physical loading during which energy expenditure is significantly increased from the resting level (over 2 MET).

- Vigorous physical activity means an intensity of over 60%
  - Moderate physical activity an intensity of 40-60% and
  - Light physical activity an intensity below 40% of the person's maximal capacity.
- **OTHER STATE** is typically recovery from exercise, short awakenings during sleep, or missing data periods for example during a shower.



**Training Effect (TE)** tells the effect of a single exercise session on fitness. The scale of training effect is 1-5 (see right).

- 5.0 Temporary overreaching
- 4.0 - 4.9 Highly improving
- 3.0 - 3.9 Improving
- 2.0 - 2.9 Maintaining
- 1.0 - 1.9 Easy recovery



**Stress and recovery balance** (0-100) is determined by the total amount of stress and recovery, as well as the amount of recovery during the awake time. The average result is 56 points. \*

The **restorative effect of sleep** (0-100) consists of sleep duration and the amount and quality of recovery during sleep. The average result is 58 points. \*

The **health effects of physical activity** (0-100) are determined by the duration and intensity of aerobic physical activity. According to recommendations, for example 30 mins of moderate or 20 mins of vigorous physical activity produce good health effects. The average result is 42 points. \*

**Length of sleep** is the period recorded in the journal, from going to bed to waking up.

**Amount of recovery** means the share of recovery during sleep. On average, the result is 60%. \*



**Quality of recovery** means the amount of heart rate variability (HRV) during sleep. A low value indicates weak recovery and a higher value suggests better recovery. Age and heredity influence HRV, and age is taken into account in the reference values.

**Steps** are recognized from the movement data during walking and running. Steps do not accumulate for example during cycling or very light movement. 10,000+ steps per day characterize a very active day.



# LIFESTYLE ASSESSMENT SUMMARY

Person: Bronwyn Rosser

Age 44  
Height (cm) 164  
Weight (kg) 59  
Body Mass Index 21.9

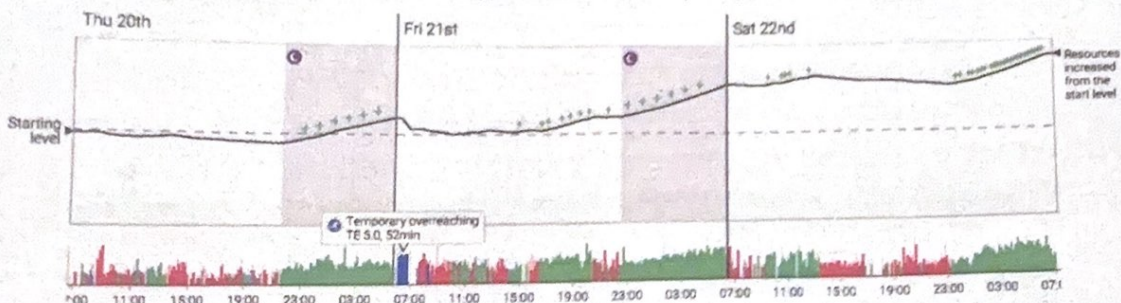
Activity Class 4.0 (Average)  
Resting heart rate 42  
Max. heart rate 181

Assessment: 20.07.2017 - 22.07.2017

should be 50 or less

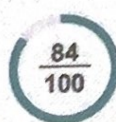
## BODY RESOURCES

Resources increase Resources decrease + Significant recovery period Stress Recovery Vigorous & moderate physical activity Light physical activity



## LIFESTYLE ASSESSMENT SCORE

The score is based on your combined stress and recovery, sleep and physical activity result. By improving these areas, you can promote your well-being and improve your Lifestyle Assessment score.



85 - 100p Excellent

60 - 84p Good

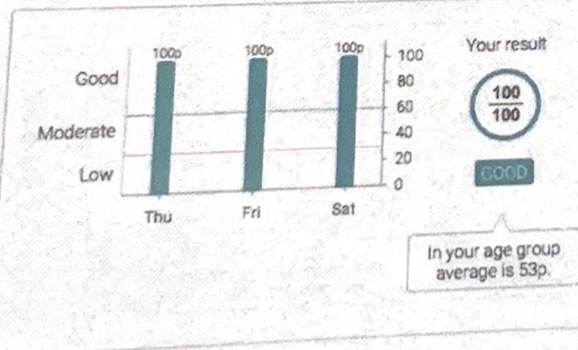
30 - 59p Moderate

15 - 29p Low

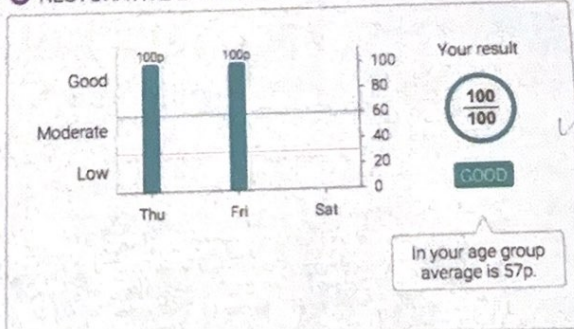
0 - 14p Very low

The average score of all Lifestyle Assessment participants is 55p.

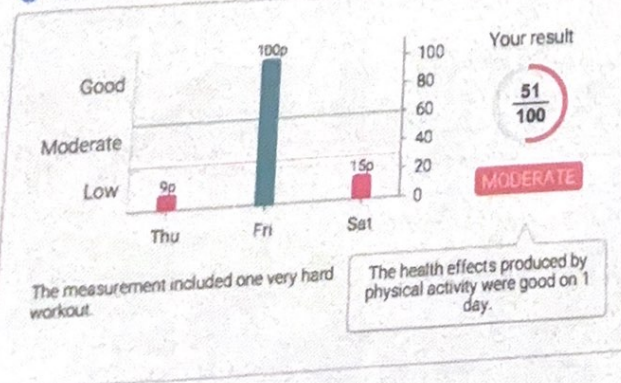
## STRESS AND RECOVERY BALANCE



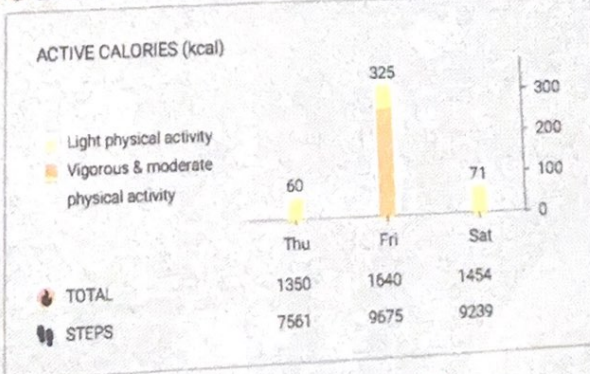
## RESTORATIVE EFFECT OF SLEEP



## HEALTH EFFECTS OF PHYSICAL ACTIVITY



## ENERGY EXPENDITURE



FRONTIER WELLBEING

31.07.2017 17:27  
www.firstbeat.com

FIRSTBEAT



# LIFESTYLE ASSESSMENT

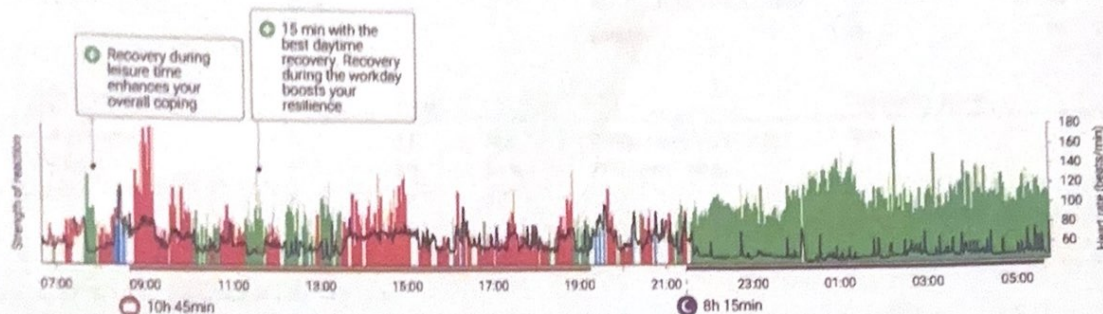
Person: Bronwyn Rossier

Age	44	Activity Class	4.0 (Average)
Height (cm)	164	Resting heart rate	42
Weight (kg)	59	Max. heart rate	181
Body Mass Index	21.9		

Measurement:

Start time	Thu 20.07.2017 06:40
Duration	23h 5min
Heart rate (low/avg/high)	42 / 58 / 122

Stress Recovery Vigorous & moderate physical activity Light physical activity Heart rate Missing heart rate 3%



## STRESS AND RECOVERY

### STRESS AND RECOVERY BALANCE

60 - 100p Good

30 - 59p Moderate

0 - 29p Low

100  
100

Stress and recovery balance was good

### AMOUNT OF STRESS REACTIONS

7h 21min

≤ 50% Normal More than usual

32%

### AMOUNT OF RECOVERY (day & night)

9h 56min

≤ 20% Low Moderate ≥ 30% Good

43%

A lot of recovery during the daytime (2h 17min)

## SLEEP

### RESTORATIVE EFFECT OF SLEEP

60 - 100p Good

30 - 59p Moderate

0 - 29p Low

100  
100

The sleep period was long enough and recovery was good.

### LENGTH OF SLEEP

8h 15min (Good)

### AMOUNT OF RECOVERY DURING SLEEP

7h 38min

< 50% Low 50 - 74% Moderate ≥ 75% Good

93%

### QUALITY OF RECOVERY (Heart rate variability)

0 - 17 ms Low 18 - 33 ms Moderate ≥ 34 ms Good

55 ms

### SELF-REPORTED SLEEP QUALITY

😊 😊 😊 😊 😊

## PHYSICAL ACTIVITY

### HEALTH EFFECTS OF PHYSICAL ACTIVITY

60 - 100p Good

30 - 59p Moderate

0 - 29p Low

9  
100

Minor health effects

### DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
21min	2min	0min

## ENERGY EXPENDITURE

### TOTAL ENERGY EXPENDITURE

1351 kcal

Vigorous & moderate physical activity 8 kcal

Light physical activity 52 kcal

Other 1291 kcal

### STEPS

7562

FRONTIER  
WELLBEING

31.07.2017 17:27  
www.firstbeat.com

FIRSTBEAT







# LIFESTYLE ASSESSMENT

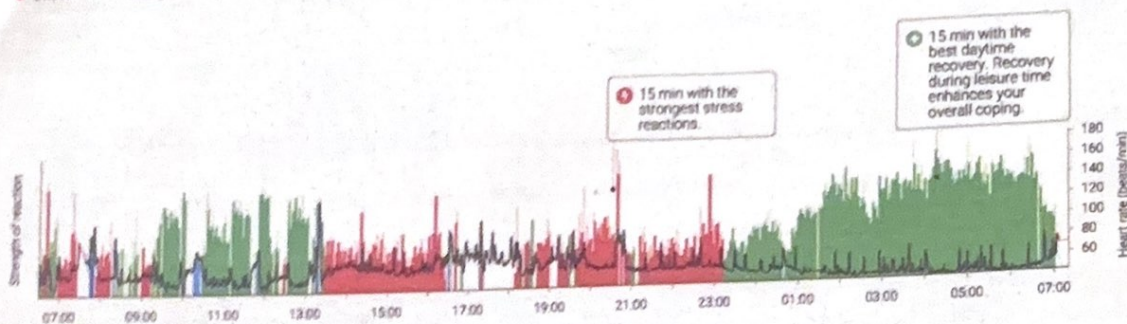
Person: Bronwyn Rossier

Age	44	Activity Class	4.0 (Average)
Height (cm)	164	Resting heart rate	42
Weight (kg)	59	Max. heart rate	181
Body Mass Index	21.9		

Measurement:

① Start time: Sat 22.07.2017 06:30  
 ② Duration: 24h 51min  
 Heart rate (low/avg/high): 42 / 57 / 136

● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 2%



## 1 STRESS AND RECOVERY

### STRESS AND RECOVERY BALANCE

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



Stress and recovery balance was good.

### AMOUNT OF STRESS REACTIONS

7h 58min



### AMOUNT OF RECOVERY (day & night)

10h 36min



⚙ A lot of recovery during the daytime (10h 36min).

## 2 SLEEP

No sleep period

## 3 PHYSICAL ACTIVITY

### HEALTH EFFECTS OF PHYSICAL ACTIVITY

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



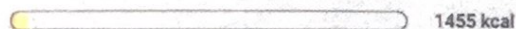
Minor health effects

### DURATION OF PHYSICAL ACTIVITY

Light	Moderate	Vigorous
22min	3min	1min

## 4 ENERGY EXPENDITURE

### TOTAL ENERGY EXPENDITURE



● Vigorous & moderate physical activity 17 kcal  
 ● Light physical activity 54 kcal  
 ● Other 1383 kcal

### STEPS

9239



# PHYSICAL WORKLOAD REPORT

Measurement date  
22.07.2017

Person: Bronwyn Rosser

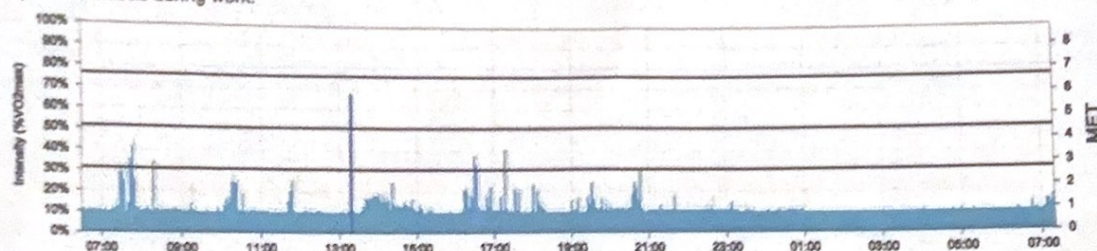
Age 44 Activity Class 4.0 (Average)  
Height (cm) 164 Resting heart rate 42  
Weight (kg) 59 Max. heart rate 181  
Body Mass Index 21.9

Measurement:

Start time Set 22.07.2017 06:30  
Duration 24h 51min  
Heart rate (low/avg./high) 42 / 57 / 136

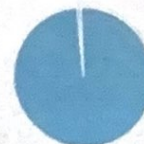
## PHYSICAL WORKLOAD CHART

Physical workload during work.



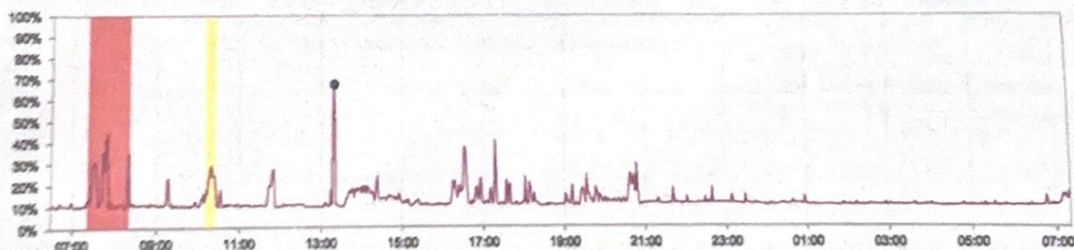
Journal Markers (average and maximum %VO2max)

- 0-30 %VO2max 24h 38min (99%)  
0-9 ml/kg/min
- 31-50 %VO2max 11min (1%)  
10-15 ml/kg/min
- 51-75 %VO2max 1min (0%)  
16-23 ml/kg/min
- 76-100 %VO2max 0min (0%)  
23-31 ml/kg/min



## PHYSICAL WORKLOAD ANALYSIS

Physical workload during work.



Intensity ● Highest workload 20.4 ml/kg/min  
15-min period with the highest workload Average 6.4 ml/kg/min  
60-min period with the highest workload Average 4.9 ml/kg/min



# PHYSICAL WORKLOAD REPORT

Measurement date  
22.07.2017

## PHYSICAL WORKLOAD INDEXES

Heart rate parameters	Average	Range
Heart rate (bpm)	57	42 - 136
Heart rate (%HRmax)	32 %	23 % - 75 %
%HRR	11 %	0 % - 68 %

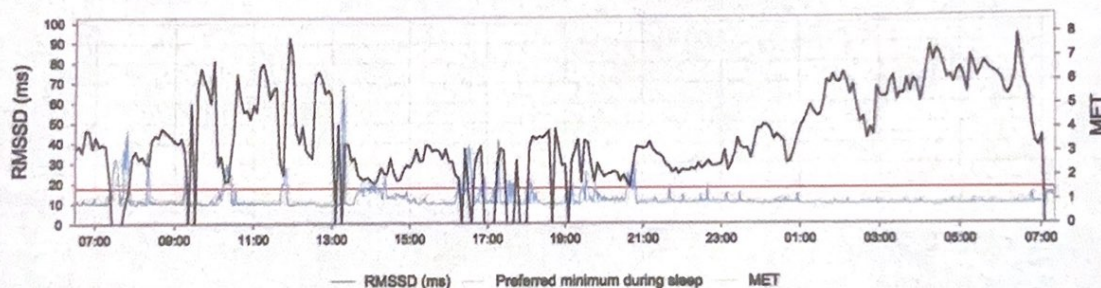
Oxygen consumption	Average	Range
VO2 (ml/kg/min)	3.4	2.8 - 20.4
%VO2max	11 %	9 % - 67 %
MET	1	0.8 - 5.8

Other	Average	Range
Energy expenditure (kcal/min)	1	1 - 6
Ventilation (l/min)	6	3 - 36
Respiration rate (breaths/min)	15	8 - 31
RMSSD	46	11 - 93

42-57 Good  
Cumulative values

Energy expenditure (kcal)	1455
EPOCpeak (ml/kg)	5

## HEART RATE VARIABILITY INDEX



**RMSSD (RootMean Square of Successive Differences in R-R intervals)** reflects the function of the parasympathetic nervous system. The index can be used to determine recovery from physical workload. High index values are related to increased activity of the parasympathetic system, and low values indicate poor recovery from physical work.



# PHYSICAL WORKLOAD REPORT

Measurement date  
21.07.2017

Person: Bronwyn Rosser

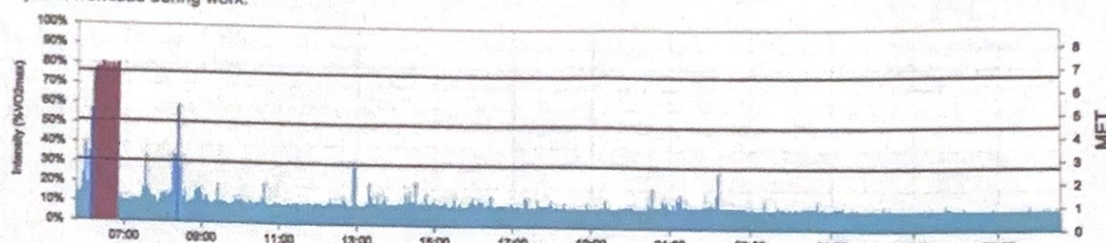
Age	44	Activity Class	4.0 (Average)
Height (cm)	164	Resting heart rate	42
Weight (kg)	59	Max. heart rate	181
Body Mass Index	21.9		

Measurement:

Start time	Fri 21.07.2017 05:45
Duration	24h 45min
Heart rate (low/avg./high)	45 / 62 / 160

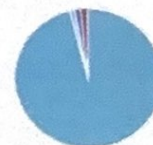
## PHYSICAL WORKLOAD CHART

Physical workload during work.



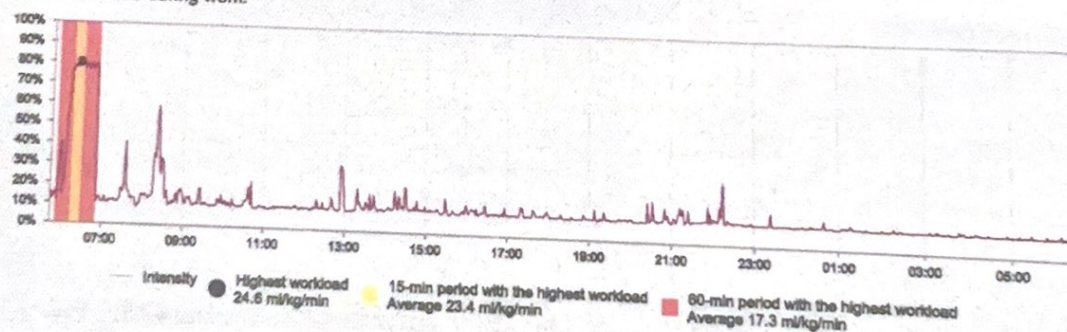
Journal Markers (average and maximum %VO2max)

- 0-30 %VO2max 23h 48min (96%)  
0-8 ml/kg/min
- 31-50 %VO2max 14min (1%)  
10-15 ml/kg/min
- 51-75 %VO2max 20min (1%)  
16-23 ml/kg/min
- 76-100 %VO2max 21min (1%)  
23-31 ml/kg/min



## PHYSICAL WORKLOAD ANALYSIS

Physical workload during work.





# PHYSICAL WORKLOAD REPORT

## PHYSICAL WORKLOAD INDEXES

Measurement date  
20.07.2017

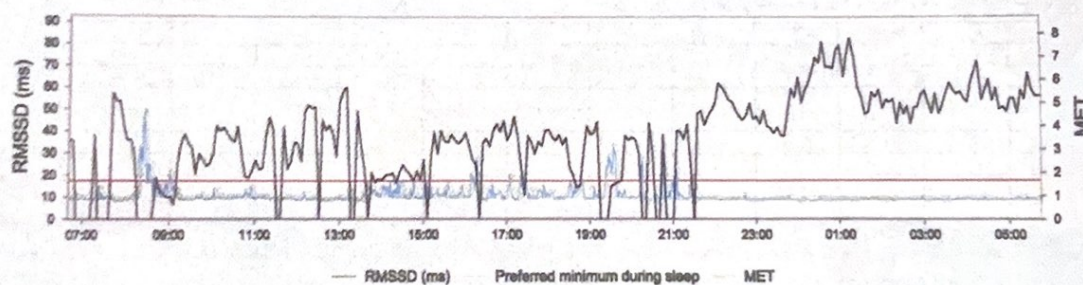
Heart rate parameters	Average	Range
Heart rate (bpm)	58	42 - 122
Heart rate (%HRmax)	32 %	23 % - 67 %
%HRR	12 %	0 % - 57 %

Other	Average	Range
Energy expenditure (kcal/min)	1	1 - 5
Ventilation (l/min)	6	3 - 30
Respiration rate (breaths/min)	15	7 - 28
RMSSD	42	7 - 83

Oxygen consumption	Average	Range
VO2 (ml/kg/min)	3.4	2.7 - 16.5
%VO2max	11 %	9 % - 54 %
MET	1	0.8 - 4.7

Cumulative values	
Energy expenditure (kcal)	1351
EPOCpeak (ml/kg)	4

## HEART RATE VARIABILITY INDEX



**RMSSD (Root Mean Square of Successive Differences in R-R intervals)** reflects the function of the parasympathetic nervous system. The index can be used to determine recovery from physical workload. High index values are related to increased activity of the parasympathetic system, and low values indicate poor recovery from physical work.



# YOUR CORTISOL PROFILE BRONWYN

Do I see this as a stressful event?  
eg. Journal about how I'm triggering HPA axis.

