

Firstbeat HRV Lifestyle Analyse

CSR | centrum
stress & burn-out coaching

425191

PRE-QUESTIONNAIRE REPORT

Profile

425191

Measurement start date

30.07.2017

QUESTIONNAIRE RESULTS

I think I am physically active enough to get health benefits.	😊 Completely agree
I think my physical activity is intensive enough to improve my fitness.	😊 Completely agree
In my opinion, my eating habits are healthy.	😊 Partially agree
I feel that my alcohol consumption is not excessive.	😊 Completely agree
I don't generally feel stressed.	😊 Partially agree
My days include breaks that allow me to recover.	😊 Completely agree
I usually feel rested and energetic.	😞 Partially disagree
I feel that I sleep enough.	😞 Partially disagree
I feel that I can influence the things that affect my health.	😊 Partially agree
In my opinion, I feel well at the moment.	😞 Partially disagree



Scale of answers:

Completely agree

Partially agree

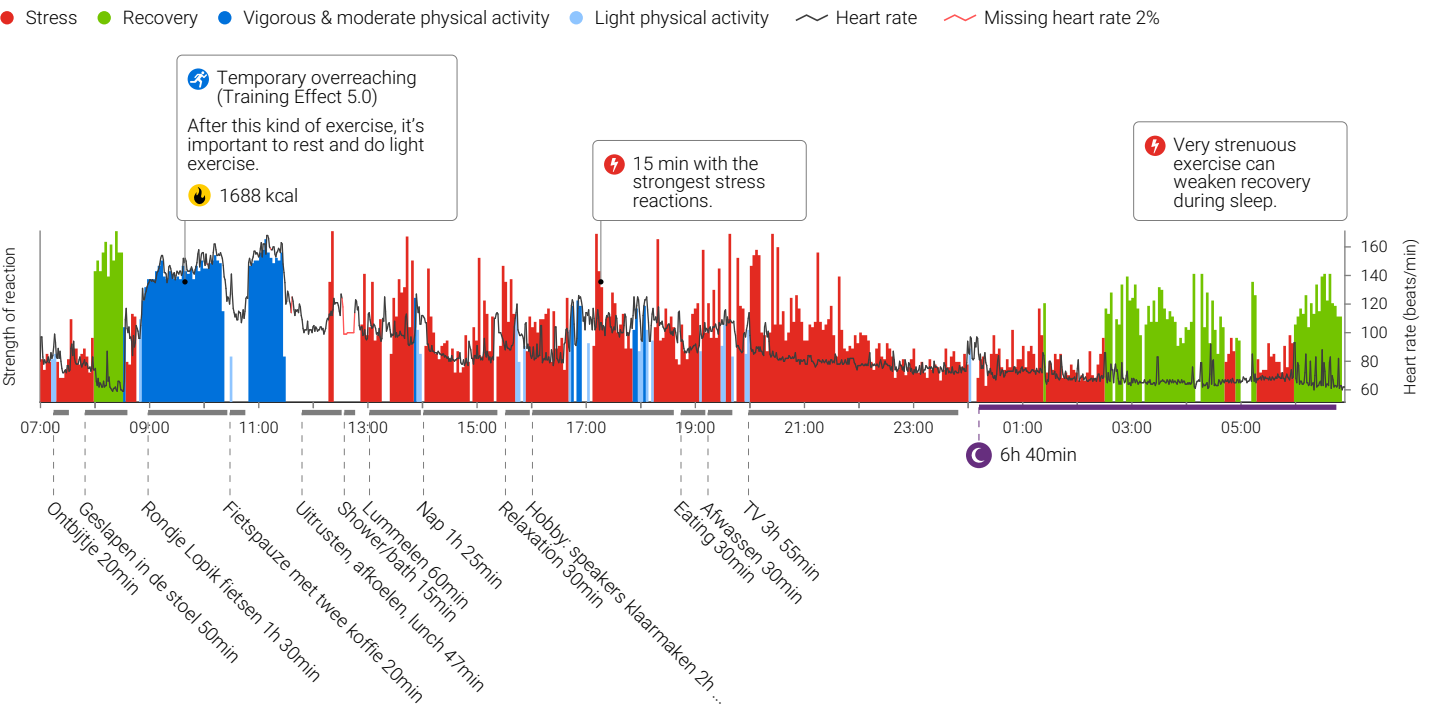
Cannot say

Partially disagree

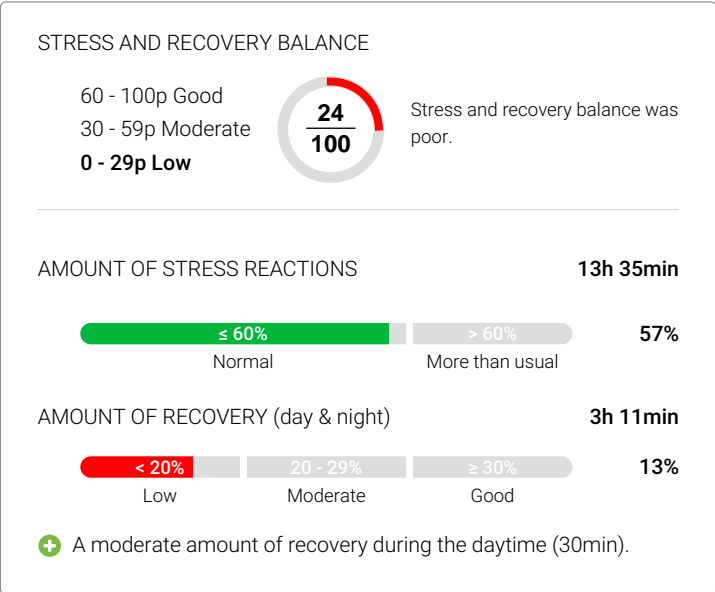
Completely disagree

LIFESTYLE ASSESSMENT

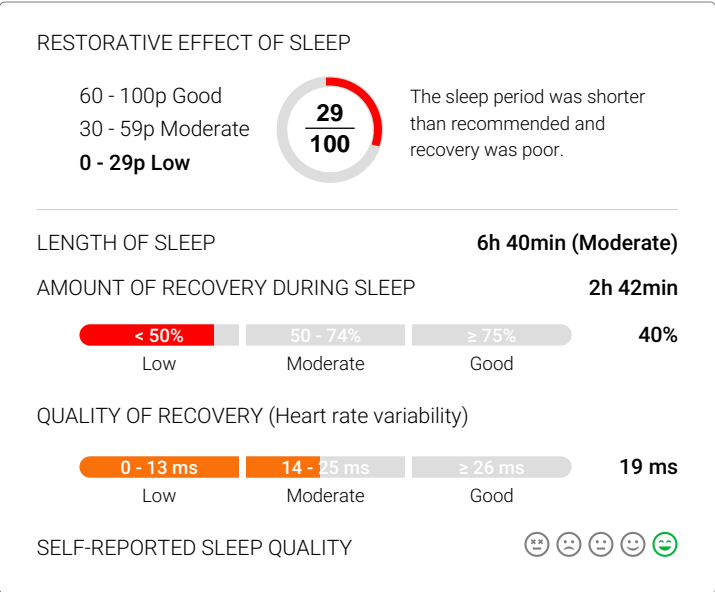
Person: 425191				Measurement:	
Age	60	Activity Class	4.0 (Average)	Start time	Sun 30.07.2017 06:59
Height (cm)	192	Resting heart rate	51	Duration	23h 55min
Weight (kg)	105	Max. heart rate	171	Heart rate (low/avg./high)	56 / 88 / 169
Body Mass Index	28.5				



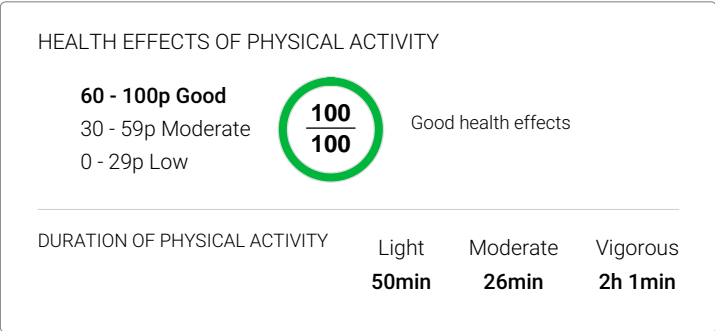
STRESS AND RECOVERY



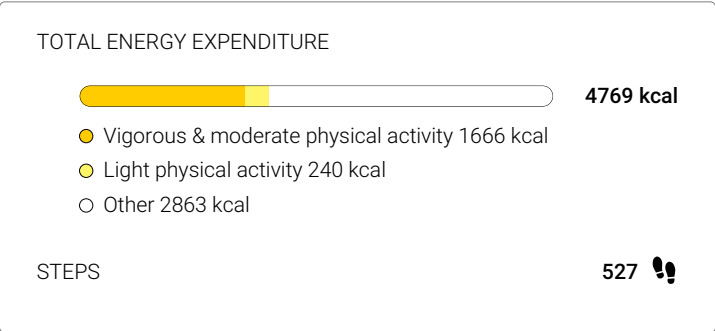
SLEEP



PHYSICAL ACTIVITY

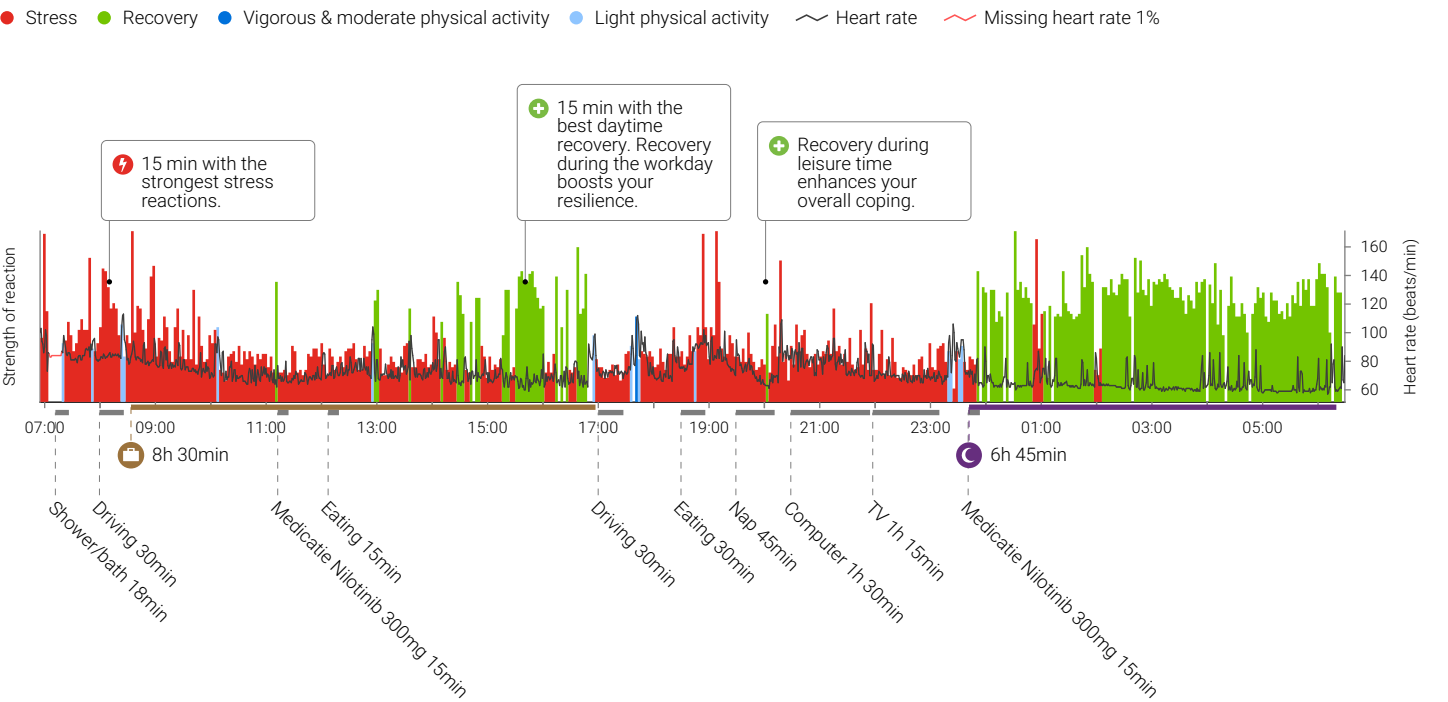


ENERGY EXPENDITURE

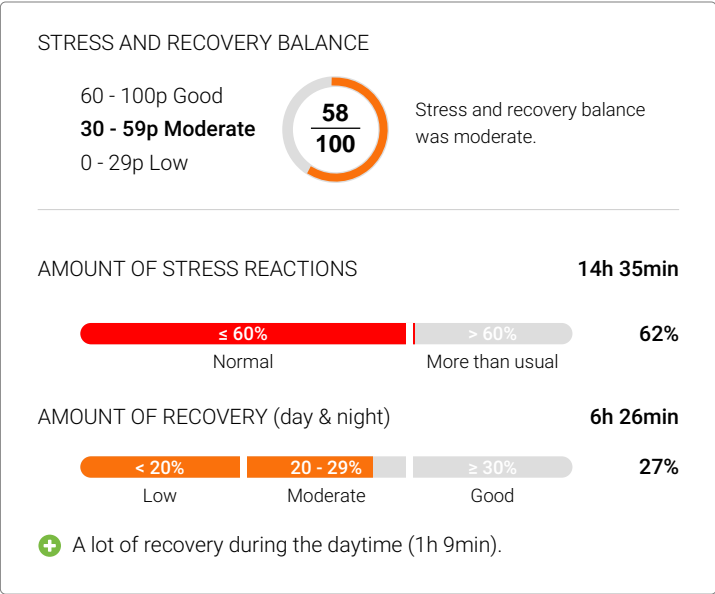


LIFESTYLE ASSESSMENT

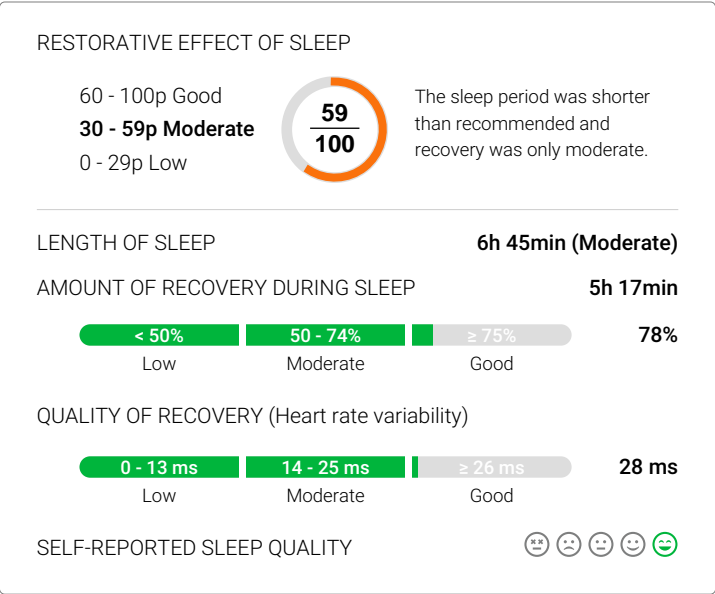
Person: 425191				Measurement:	
Age	60	Activity Class	4.0 (Average)	Start time	Mon 31.07.2017 06:55
Height (cm)	192	Resting heart rate	51	Duration	23h 35min
Weight (kg)	105	Max. heart rate	171	Heart rate (low/avg./high)	56 / 69 / 113
Body Mass Index	28.5				



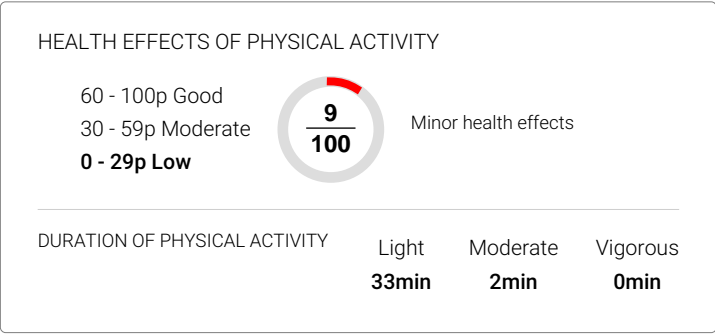
STRESS AND RECOVERY



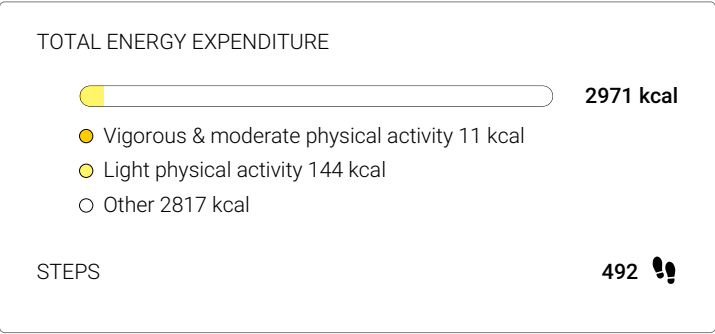
SLEEP



PHYSICAL ACTIVITY



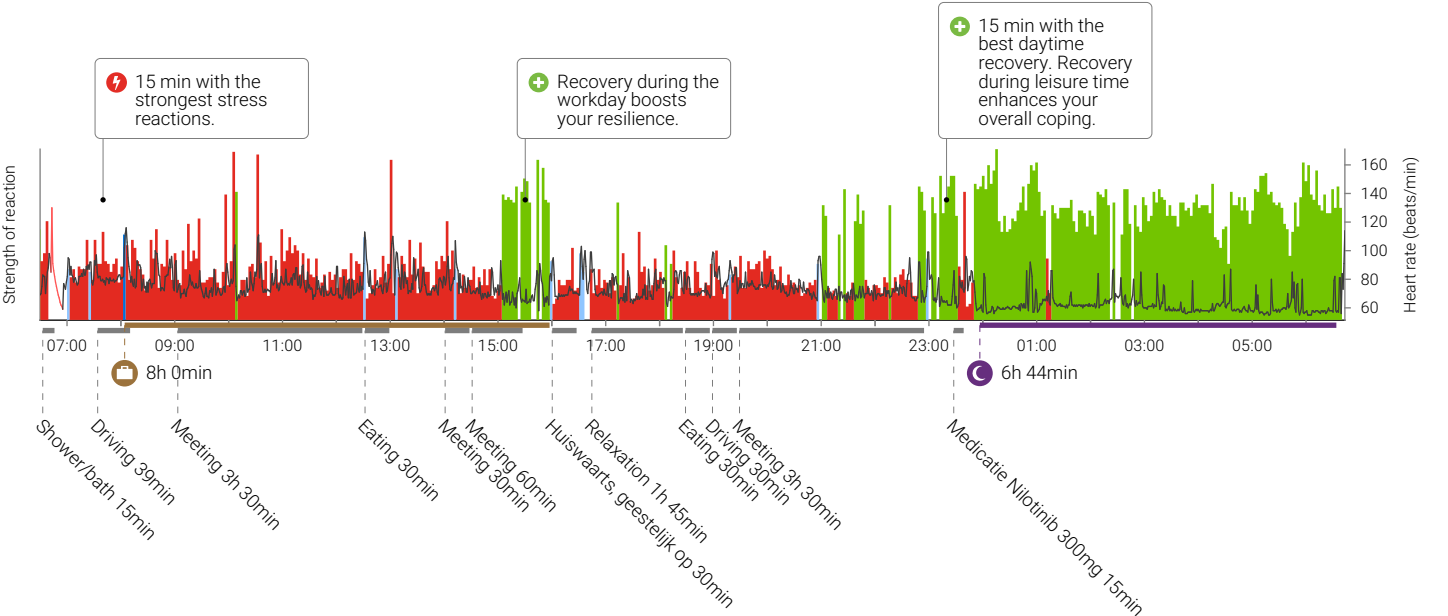
ENERGY EXPENDITURE



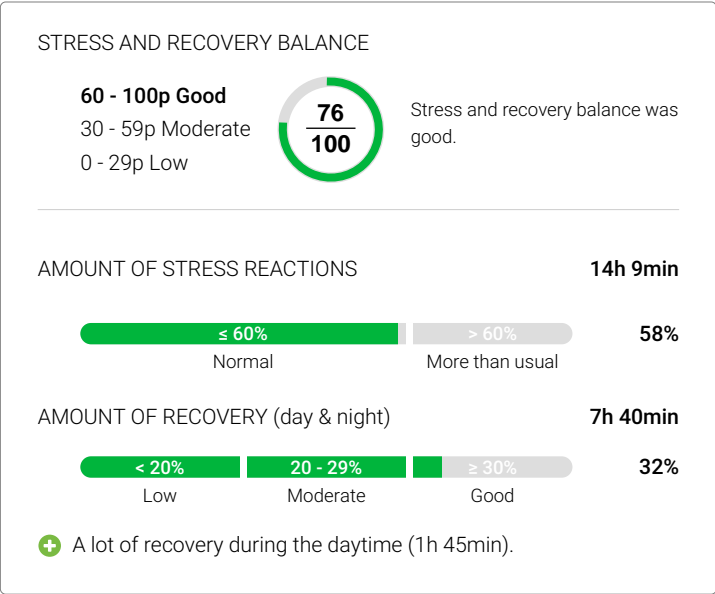
LIFESTYLE ASSESSMENT

Person: 425191				Measurement:	
Age	60	Activity Class	4.0 (Average)	Start time	Tue 01.08.2017 06:30
Height (cm)	192	Resting heart rate	51	Duration	24h 14min
Weight (kg)	105	Max. heart rate	171	Heart rate (low/avg./high)	53 / 68 / 115
Body Mass Index	28.5				

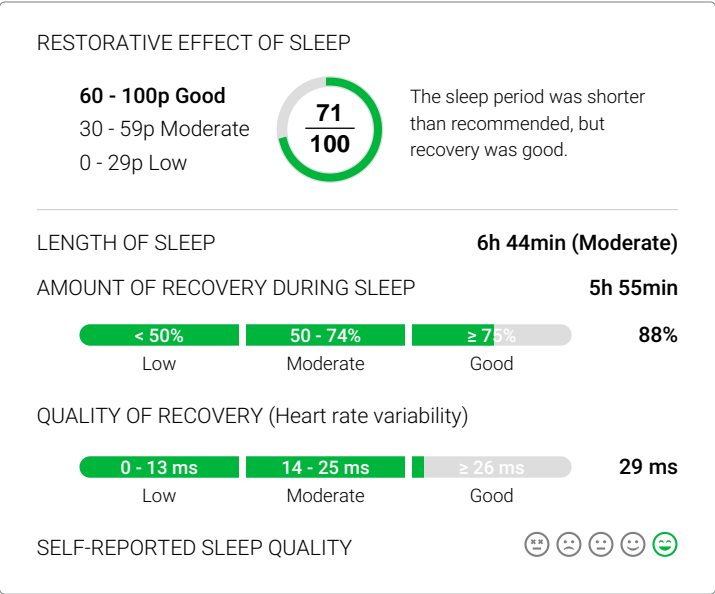
● Stress ● Recovery ● Vigorous & moderate physical activity ● Light physical activity ~ Heart rate ~ Missing heart rate 0%



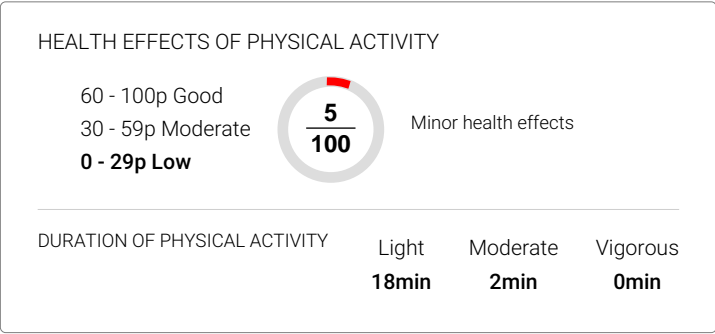
STRESS AND RECOVERY



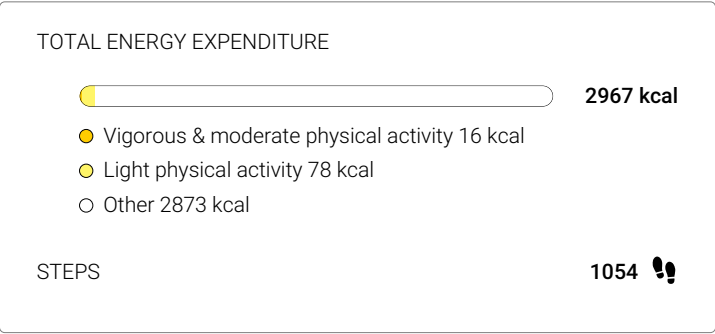
SLEEP



PHYSICAL ACTIVITY



ENERGY EXPENDITURE



LIFESTYLE ASSESSMENT SUMMARY

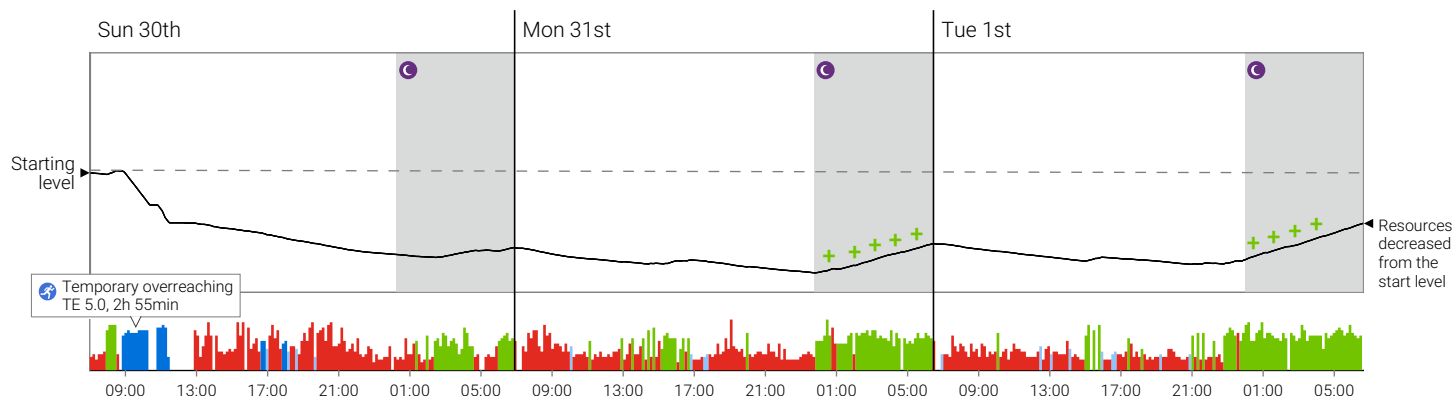
Person: 425191

Age 60 Activity Class 4.0 (Average)
Height (cm) 192 Resting heart rate 51
Weight (kg) 105 Max. heart rate 171
Body Mass Index 28.5

Assessment: 30.07.2017 - 01.08.2017

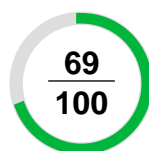
BODY RESOURCES

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

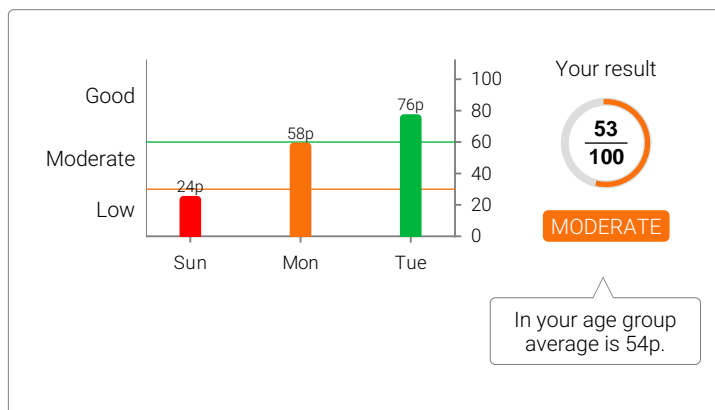
30 - 59p Moderate

15 - 29p Low

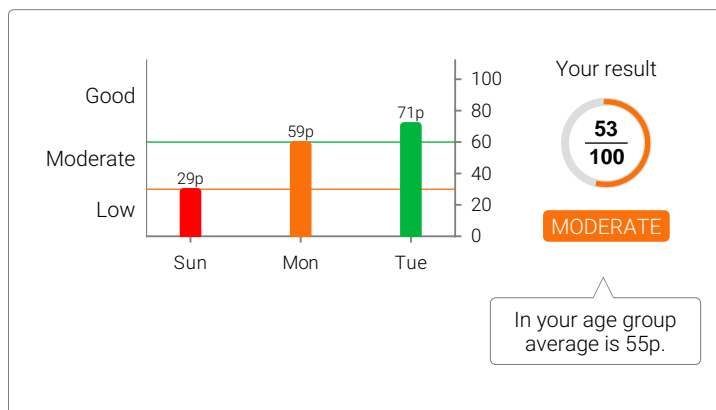
0 - 14p Very low

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

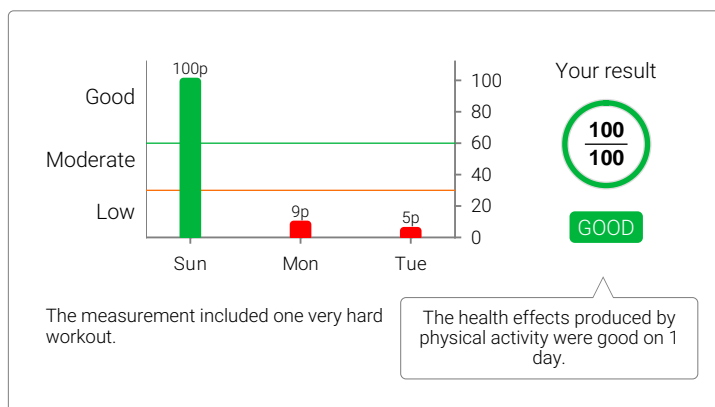
STRESS AND RECOVERY BALANCE



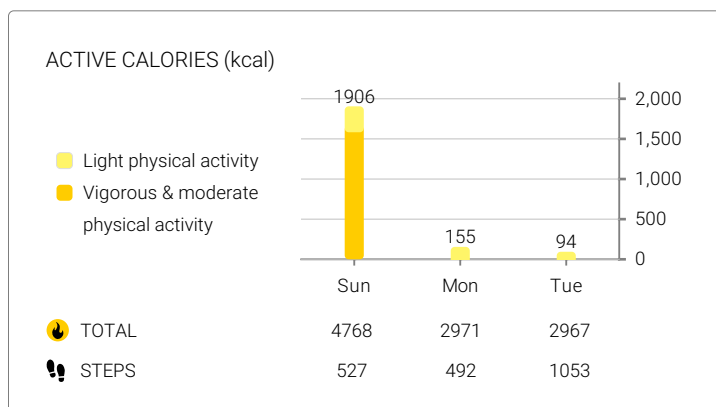
RESTORATIVE EFFECT OF SLEEP



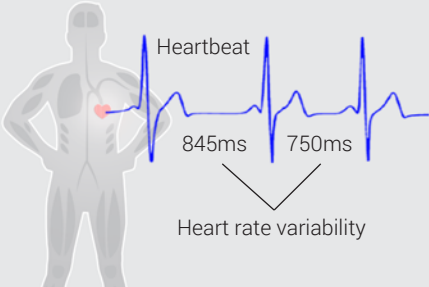
HEALTH EFFECTS OF PHYSICAL ACTIVITY



ENERGY EXPENDITURE

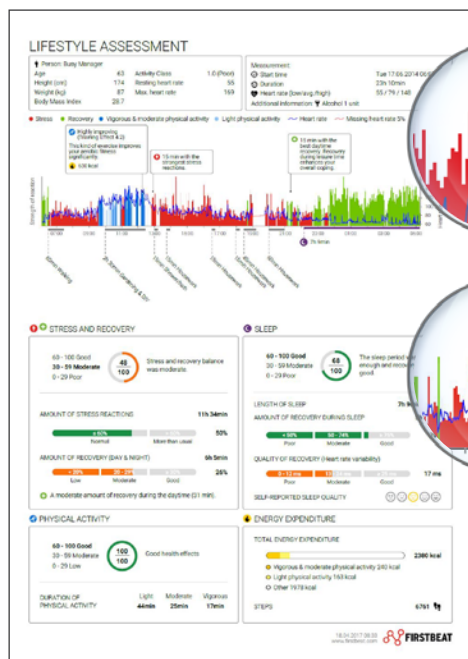


WHAT DOES THE LIFESTYLE ASSESSMENT MEASURE?

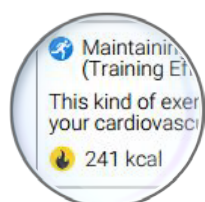


The Lifestyle assessment will help you **manage stress, recover better and exercise right**. The assessment is based on analysis of heart rate variability (HRV).

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.

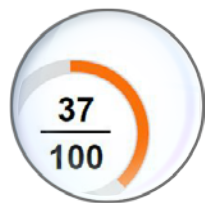


- **STRESS REACTION** means an elevated activation level in the body. The reaction can be positive or negative. On average, there are 50% of stress reactions in a 24-hour period.*
- **RECOVERY** means a calming down of the body. Important recovery periods include sleep and peaceful moments during the 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.

GOALS

Please set some personal goals for making changes in your lifestyle.

Stress management

- ☐ I will set a realistic work schedule.
- ☐ I will take regular short breaks during the work day.
- ☐ After the workday, I will try to disengage from work by doing things that I enjoy.
- ☐ I will learn to say "No".

Recovery and sleep

- ☐ I will continue to engage in my hobbies because positive experiences enhance my well-being.
- ☐ I will try to relax on a regular basis (e.g. relaxation techniques, music, TV, reading).
- ☐ I will avoid stressful things just before bedtime (e.g. alcohol, work and electronic devices).
- ☐ I will attempt to go to bed early enough to get enough sleep.

Physical activity

- ☐ I will find an enjoyable form of exercise to engage in regularly.
- ☐ I will increase the amount of light physical activity, e.g. by using the stairs, walking short distances and avoiding uninterrupted sitting.
- ☐ I will attempt to engage in physical activity at least ____ times per week.
- ☐ I will take care of my muscles by including stretching as part of my weekly exercise routine.

Nutrition

- ☐ I will maintain a regular meal rhythm.
- ☐ I will pay attention to the quality of what I eat, e.g. avoid products that contain excessive fats, sugar or salt.
- ☐ I will lose weight ____ kg.
- ☐ I will remember to drink and eat regularly, even when I'm busy.

Own goals
