

FIRSTBEAT LIFESTYLE ASSESSMENT

IMPROVE YOUR WELL-BEING



The Firstbeat Lifestyle Assessment will help you to

- *Manage stress better*
- *Improve performance at work*
- *Improve your physical condition*
- *Enhance the quality of life at work, rest and play*



The Lifestyle Assessment analyzes your heartbeats to provide detailed information about physiological changes in your body. You will learn about key factors that are important for your well-being. By making small changes and choices in your daily life, you can significantly improve your well-being.

RECOGNIZE STRESS



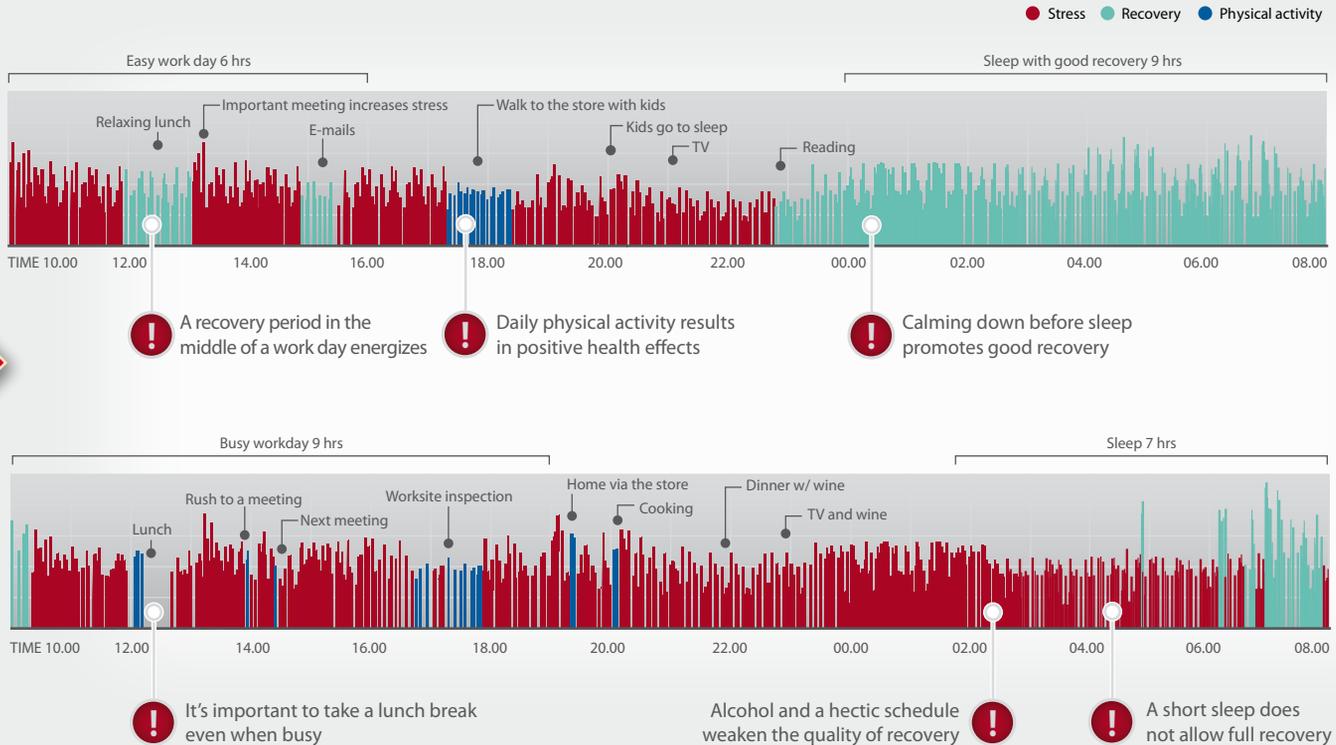
Stress is the body's natural way to respond to challenges. Acutely, stress can improve performance, but when prolonged, it can wear you down and lead to poor performance, exhaustion or illness. It is very important to learn to identify signs of stress and overload.

Pay attention to the following things:

- How well do you recover during sleep? Sleep is the most important period for recovery. It restores your mental and physical resources and is a crucial aspect of health. In your lifestyle assessment reports, good recovery during sleep is identified as a resource index of over 50 and sleep duration of at least 7h.
- Are you able to take a breather during the day? Short breaks and calm moments will help to maintain your energy level and lower the stress level. In the assessment reports, relaxing moments can be seen as green bars among the day's stressful periods.
- In general, the amount of sufficient recovery is approximately 30% in a 24-hour period. If your work week has been very busy or stressful, you may want to aim for >30% during your days off.
- Holidays and days away from work are an opportunity to recuperate, recharge and give your body a chance for full recovery.

The Lifestyle Assessment will help you to identify stress factors and stressful situations, which allows you to make informed decisions to improve daily coping. Constant hurry and mental pressure, illnesses, alcohol, unhealthy diet and insufficient physical activity are examples of common stress factors in peoples' lives.

TWO DIFFERENT WORK DAYS



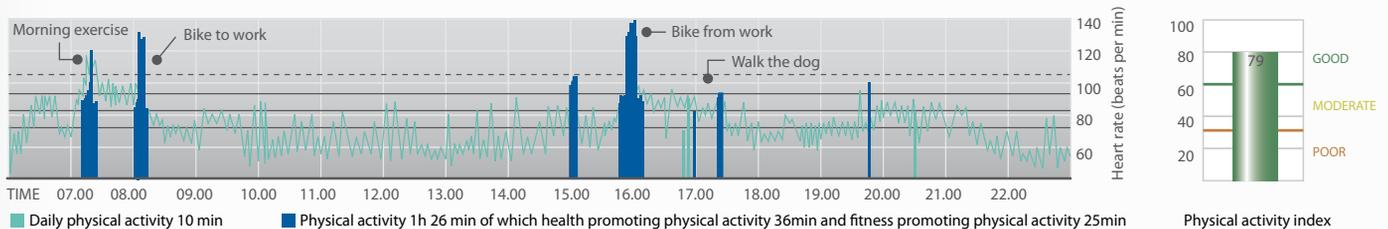
It is normal to have days with good recovery, as well as days that are dominated by stress reactions, as shown in the example above. Stress does not need to be avoided, but it is also important to rest enough and engage in relaxing activities to maintain good balance between stress and recovery.

PHYSICAL ACTIVITY IS AN INVESTMENT IN YOUR FUTURE

- Light daily physical activity enhances your mood and ability to think clearly, and can even brighten up your day! It also promotes recovery from harder exercise, but by itself it is not enough to improve your fitness. The Lifestyle Assessment shows the amount of daily physical activity in your days.
- Health-promoting physical activity is moderately intensive physical activity that promotes your cardiovascular health. All activity is important, but by engaging in moderate-intensity physical activity for about 30 minutes on most days, you can get significant health benefits. The Lifestyle assessment clearly demonstrates how much health-promoting physical activity you have performed.

- Fitness-promoting physical activity is harder work and it improves your endurance / aerobic fitness. Good fitness, in turn, improves your ability to handle stress. The Lifestyle assessment shows if your exercise was intensive enough to improve your fitness.

Many-sided physical activity performed regularly gives the best results. In addition to aerobic exercise that increases your heart rate and enhances cardiovascular health, it is important to maintain your muscular strength, for example with calisthenics, gym workouts or yard work.



TAKE CARE OF YOUR WELL-BEING!

In summary, the Lifestyle Assessment helps you to understand stress, recovery, sleep and exercise, all of which are key factors that affect your overall well-being. We have collected a list of action points to choose from to promote your well-being, but it will be important to set goals that are realistic and significant for you. Even small steps can make a big difference. **Start today!**

Firstbeat Lifestyle Assessment measures your body's reactions from heart rate and heart rate variability. It is not a medical, but a way to understand real-life actions and how they affect the body. The heart beats up to 100 000 times per day – and physical activity, stress and recovery can be identified and illustrated by analyzing the heartbeats. Firstbeat's technology is utilized in healthcare and well-being sectors, elite sports and heart rate monitors. Read more www.firstbeat.fi