

CASE: BUSY MOTHER DEALING WITH JOB & FAMILY DEMANDS

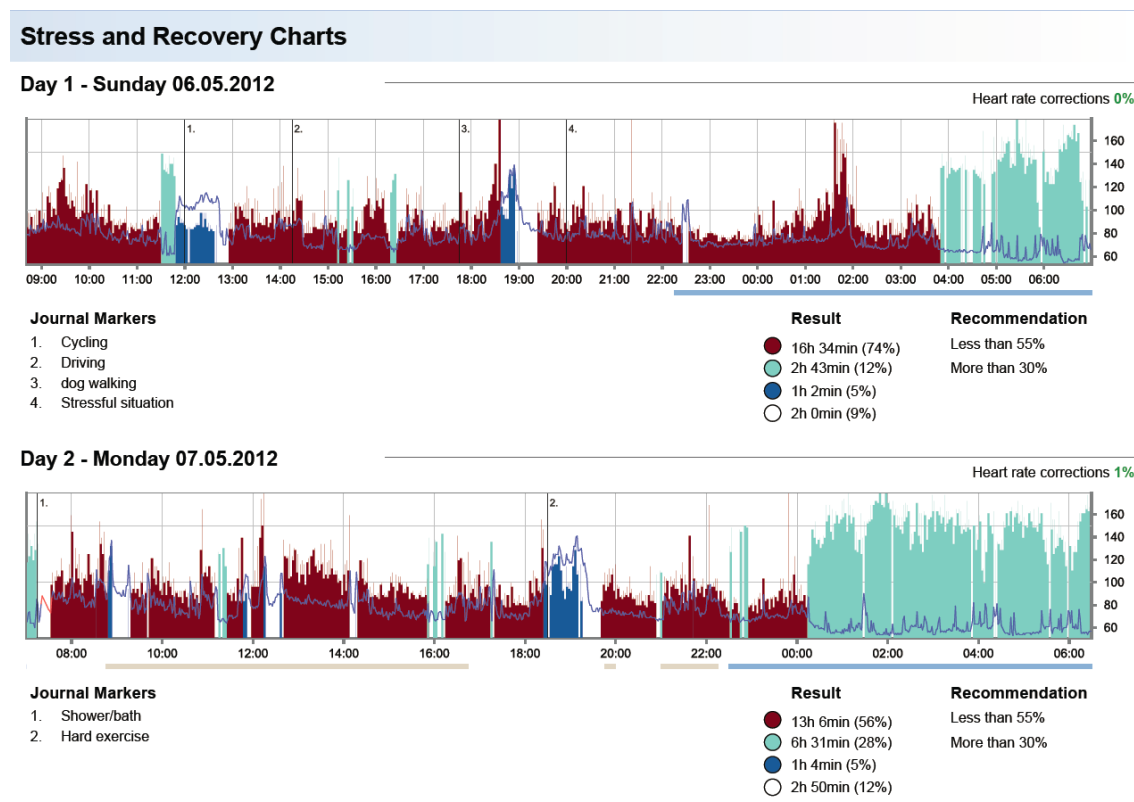
WHY MEASURE?

The mother says that she is constantly busy with work and family duties. She feels that she doesn't have any time to herself, for example to exercise. The aim is to find out if there are any breaks in her busy days and whether her physical activity is sufficient to produce positive health and fitness effects.

HOW TO MEASURE?

The aim of the measurement is to determine the mother's current levels of stress and recovery, and the amount of physical activity. She keeps a diary and writes down the most important daily events.

RESULTS AND INTERPRETATION



Her exercise situation looks good on both days, but probably because of the busy combination of work, family and other demands, good-quality recovery does not start when she goes to sleep, and is delayed for several hours on Sunday.

WHAT NEXT?

The discussion focuses on finding ways to slow down in the evening before going to sleep. The mother makes it her goal to improve her recovery situation. A follow-up measurement is scheduled in 4 months to see if she has been able to accomplish her goal.