

# CASE: YOUNG PERSON IN GOOD PHYSICAL CONDITION

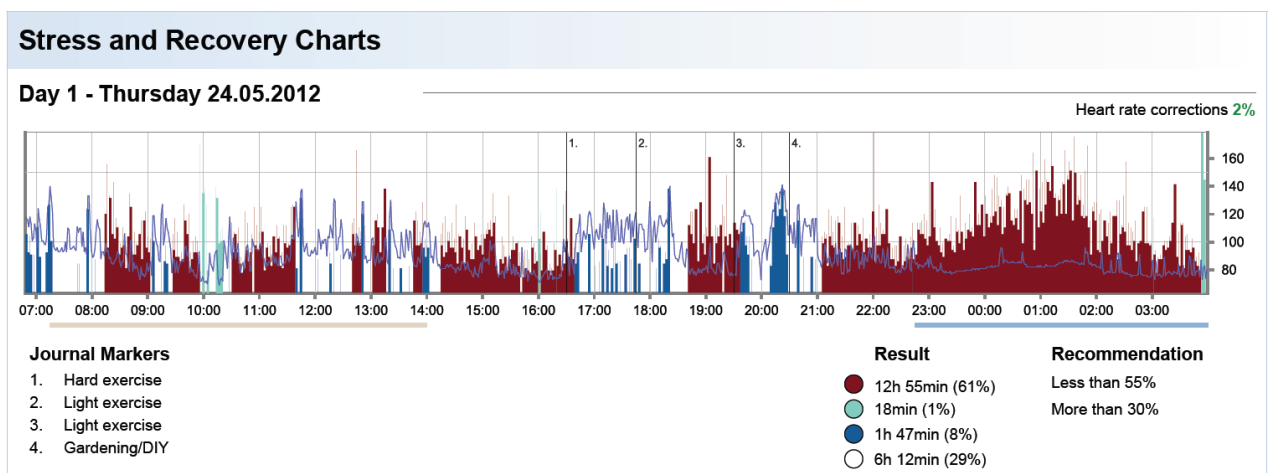
## WHY MEASURE?

A young man in good physical condition exercises a lot, but typically late at night. The aim of the measurement is to determine whether the heavy evening exercise affects his recovery.

## HOW TO MEASURE?

By measuring two days during the week and one weekend day, the idea is to determine the person's balance between stress and recovery. Self-reporting is also used: the person keeps a diary and writes down when he feels stressed or recovered and when he is exercising.

## RESULTS AND INTERPRETATION



A lot of exercise / activity periods (bright blue) are identified in the measurement, and his body seems to be in overdrive. A high heart rate level throughout the day could imply accumulated stress or a state of overtraining. The intensive late-evening exercise leaves him activated and there is no physiological recovery during sleep. In a normal situation, recovery should begin immediately or soon after going to sleep.

## WHAT NEXT?

It is important to have a good balance between daily stress and recovery. Initially, he should reduce the intensity of exercise and focus on proper recovery. Only then should he start back up with more intensive exercise sessions. Furthermore, he should try to manage his days better so that harder and more intensive workouts are done on days when the overall load is not too big and there is plenty of time for sleep and recovery. A follow-up measurement will be done after 4 months.