

# HEALTH PROMOTING PHYSICAL ACTIVITY OVERVIEW

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## Eddie Example

### Measurement information:

Age (yrs) **35** Resting HR (beats/min) **39**  
Height (cm) **183** Max HR (beats/min) **188**  
Weight (kg) **93** Body Mass Index (BMI) **27.8**  
Activity class **5.0**

#### Day 1

Start time:  
**04.05.2012 06:31:30**  
Duration: **15h 59min**  
HR: (low/avg/high)  
**41 / 68 / 166**

#### Day 2

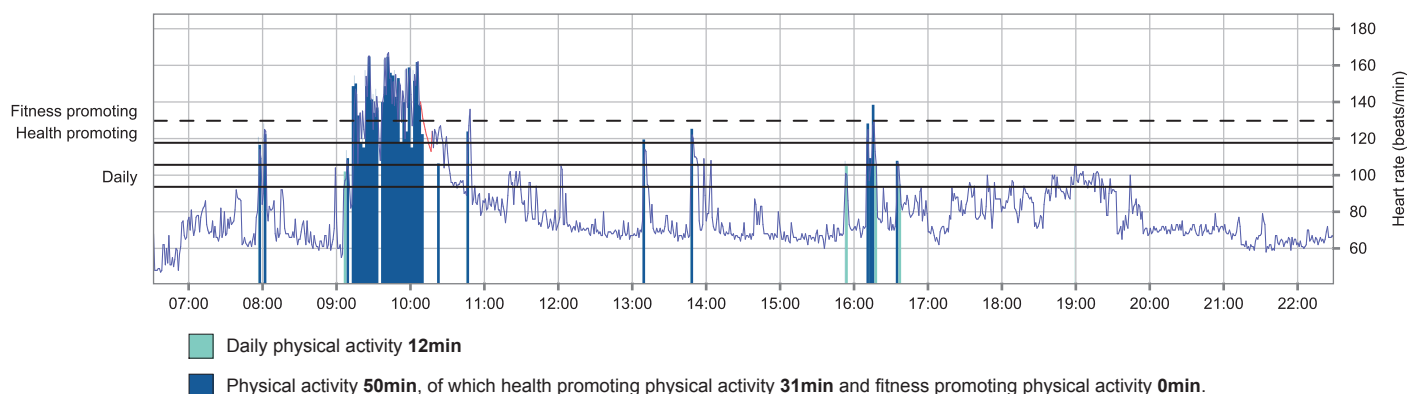
Start time:  
**05.05.2012 07:00:01**  
Duration: **16h 0min**  
HR: (low/avg/high)  
**39 / 56 / 135**

#### Day 3

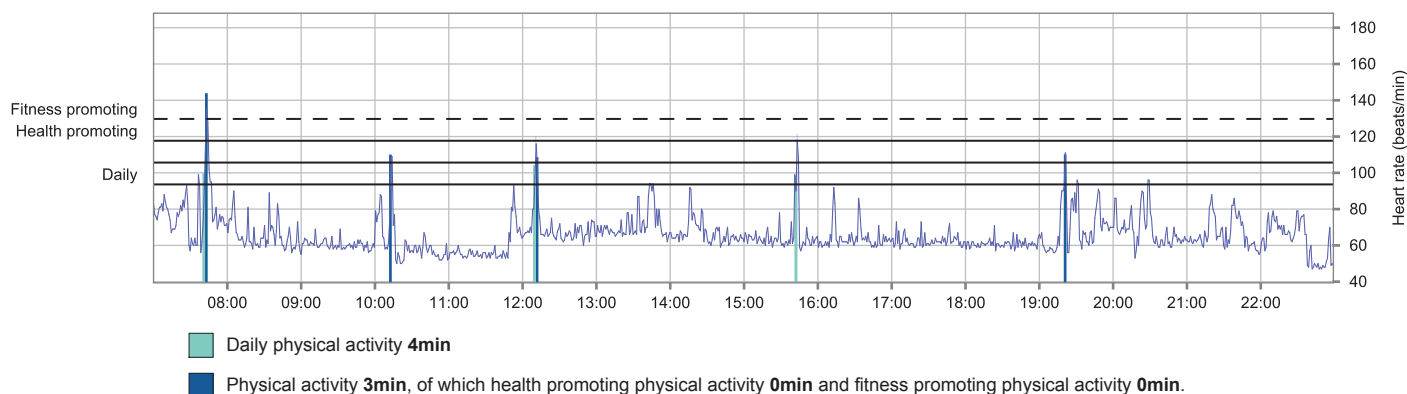
Start time:  
**06.05.2012 08:45:00**  
Duration: **23h 8min**  
HR: (low/avg/high)  
**43 / 70 / 167**

## Health Promoting Physical Activity Charts

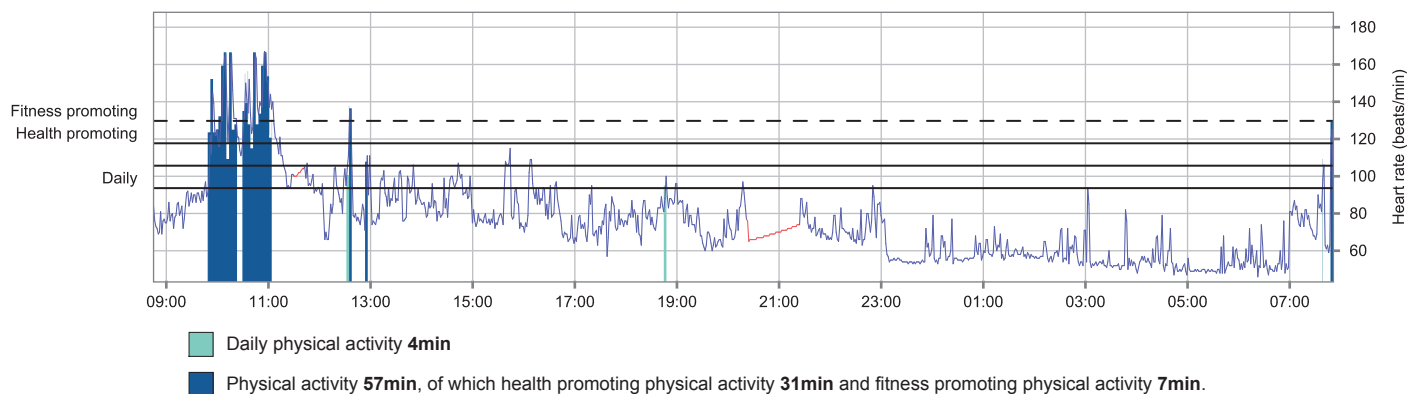
### Day 1 - Friday 04.05.2012



### Day 2 - Saturday 05.05.2012



### Day 3 - Sunday 06.05.2012



— Heart rate — Corrected heart rate

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## Physical Activity Index

In order to achieve a **GOOD** score, you should perform approximately 30 mins of health promoting (moderate intensity) physical activity. Physical activity performed at light to moderate intensity or < 30 mins will result in a **MODERATE** to **POOR** score.

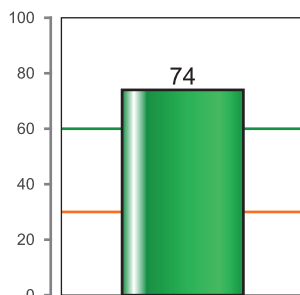


## Energy expenditure during physical activity

The energy expenditure value indicates the consumed energy (kcal) during physical activity above basal energy expenditure. The recommended levels shown in the figure are determined based on body weight.

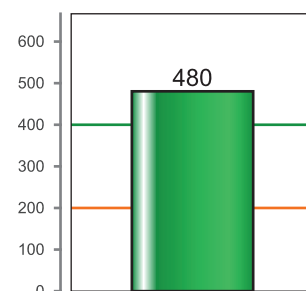
### Health Effects and Energy Expenditure

#### Day 1 - Friday 04.05.2012



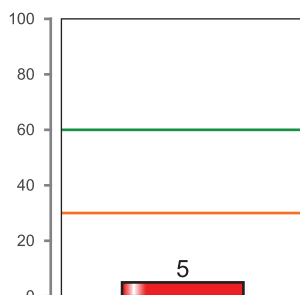
Physical Activity Index

**GOOD**  
**MODERATE**  
**POOR**



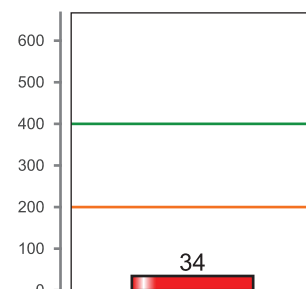
Energy expenditure during physical activity (kcal)

#### Day 2 - Saturday 05.05.2012



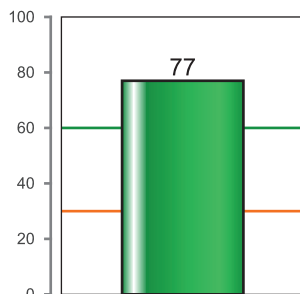
Physical Activity Index

**GOOD**  
**MODERATE**  
**POOR**



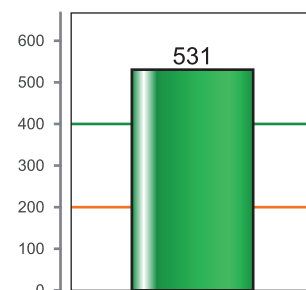
Energy expenditure during physical activity (kcal)

#### Day 3 - Sunday 06.05.2012



Physical Activity Index

**GOOD**  
**MODERATE**  
**POOR**



Energy expenditure during physical activity (kcal)



Definite positive effects.



Some positive effects.



Not enough positive effects.

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