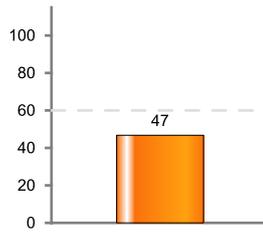


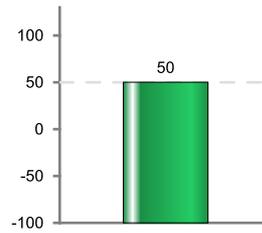
Demo 1

Reporting date	14.09.2012
Assessments	7
Measurements	21
Average age	42
Average Body Mass Index	23.5
Measurement lengths	20h 8min - 29h 21min

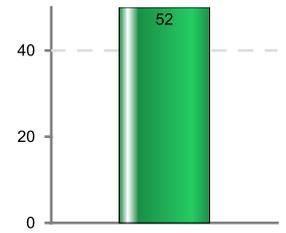
Physical activity index



Resource index (during sleep)



Quality of recovery (RMSSD)



--- Recommendation ■ Good ■ Moderate ■ Poor

Overall Stress and Recovery

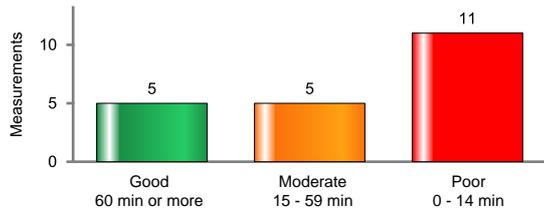
Average share of stress per day **48%**
Average share of recovery per day **27%**



Average values of stress and recovery in Firstbeat database
Stress: 48%
Recovery: 29% (Firstbeat recommends at least 30%)
(Source: Firstbeat user database 2009)

Recovery During Leisure Time

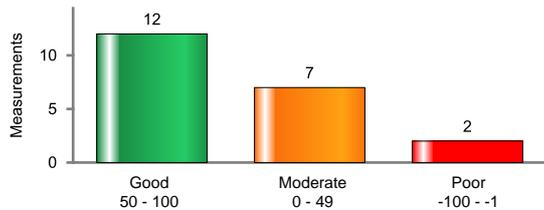
Average recovery during leisure time **1h 4min**



Leisure time is defined as time that is not marked as sleeping time or work in the journal.

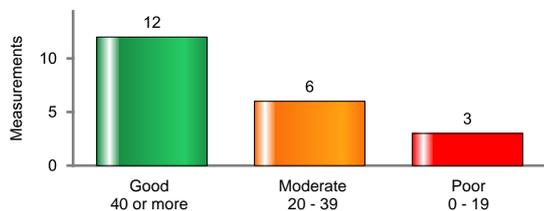
Physiological Reactions During Sleep Periods

Average resource index **+50**



Resource index shows the division of stress and recovery during the sleep time.

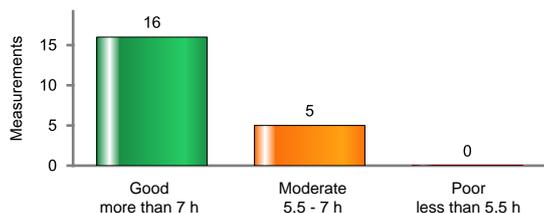
Average quality of recovery (RMSSD) **52**



Quality of recovery is determined from a heart rate variability based index (RMSSD). RMSSD is a measure of heart rate variability indicating the quality of recovery. Low values of RMSSD during sleep indicate poor recovery. Higher values indicate enhanced recovery. The average RMSSD value should be 20 ms or greater during sleep.

The average value during sleep is 45 for men and 39 for women.
(Source: Firstbeat user database 2009)

Average time used for sleeping **7h 53min**



The need for sleep can vary significantly between individuals. The time used for sleeping has been derived from the people's journals.

Provided by:



This report has been produced by Firstbeat Health (v 5.2.2.1)
14.09.2012 15:54
More information: www.firstbeat.fi/work-well-being

Analyzed by:



Health Promoting Physical Activity

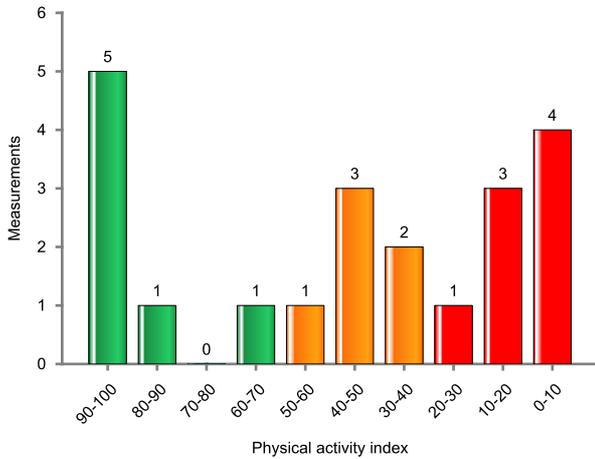
Average health promoting physical activity **21min/day**
 Average physical activity index **47**



According to the latest ACSM (American College of Sports Medicine) recommendations, moderate-intensity physical activity should be performed regularly on most days of the week for 20-30 minutes per day.

The physical activity index indicates how well the physical activity during the measurement satisfied the general intensity and duration recommendations for health promoting physical activity.

30 minutes of health promoting physical activity corresponds to a physical activity index of 60 (=good).

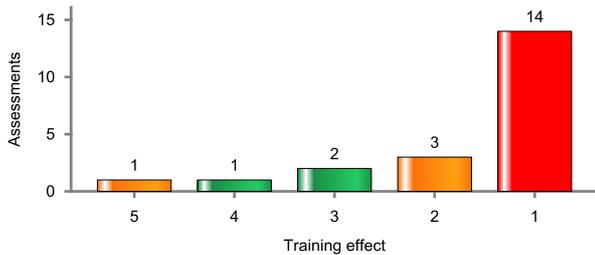


Physical Exercise

Distribution of training effect (the most demanding exercise for each person)



Training effect measures the effect of the exercise session on maximal cardiorespiratory fitness. Training effect is scaled into five categories, depending on how much the exercise has improved maximal aerobic capacity. The closer to five (5) the training effect is, the more demanding the exercise has been.



Training effect descriptions:
 5 = Overreaching
 4 = Highly improving training effect
 3 = Improving training effect
 2 = Maintaining training effect
 1 = Minor training effect

Altogether, 33 % of the measured days included an exercise session that had at least maintaining training effect (2 or higher).