

Heart Health Analysis

Name : Sourabh

Date of assessment : 12/03/2024

Gender : Male

Age : 24

Health Score

This score is based on the assessments you've completed. Offering a clear snapshot of your current health and fitness. Use it to track progress and target areas for improvement.

Great

86 / 100



Key Body Vitals

Heart Rate

The heart rate is the number of times heart beats in a minute. A normal resting heart rate for adults ranges from 60 to 100 beats per minute.

Normal

70 beats/min



Respiration Rate

The respiration rate is the number of breaths taken per minute. It is typically measured at rest by counting the chest rises for one minute.

Low

9 breaths/min



Oxygen Saturation

Oxygen saturation (SpO2) is the measurement of how much oxygen the blood is carrying as a percentage of the maximum it could carry.

Normal

95 %



HbA1c (Average Blood Sugar)

HbA1c shows your average blood sugar over the past 2 to 3 months. If the number is high, it means your blood sugar hasn't been well controlled. Keeping it in the healthy range helps you avoid problems related to diabetes.

Normal

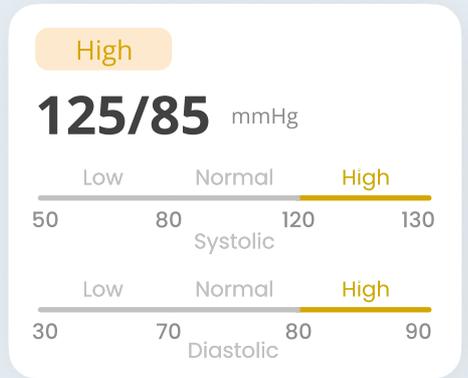
5.1 %





Blood Pressure

Blood pressure measures the force of blood as your heart pumps it through your body. The top number is the pressure when the heart beats, and the bottom number is when it relaxes between beats.

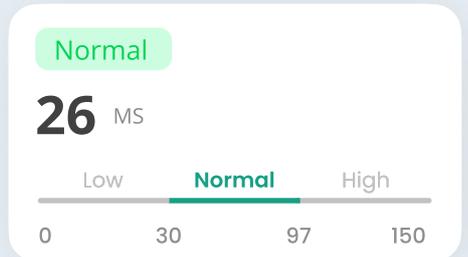


Heart Health



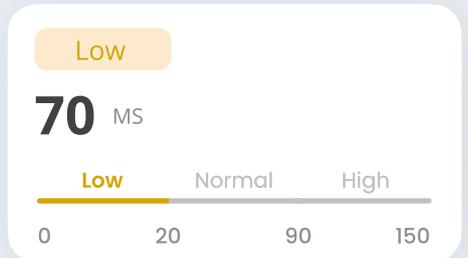
SSDN

This measures the time between each heartbeat. A higher number usually means your body is handling stress well.



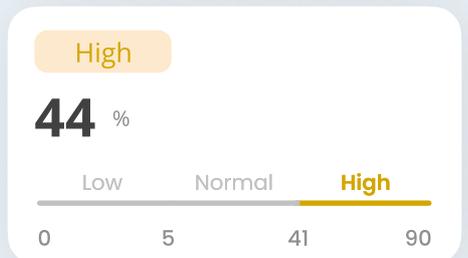
RMSSD

RMSSD shows the average time between heartbeats, calculated using a method that gives a reliable picture of your heart's variability, measured in milliseconds.



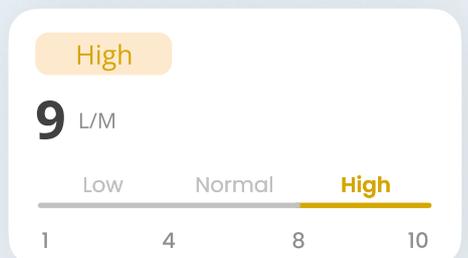
PNN50

PNN50 tells how often your heartbeats vary by over 50 milliseconds. A value under 3% can mean a higher health risk.



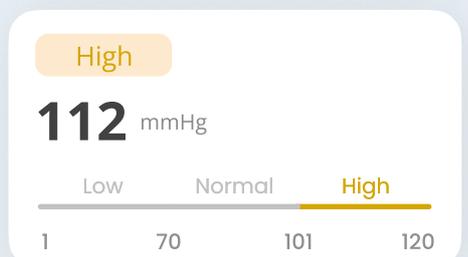
Cardiac Output

Amount of blood the heart pumps through the body each minute. In humans at rest, it typically ranges from 4-8 litres per minute.



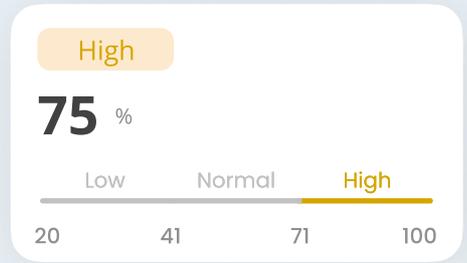
Mean Arterial Pressure

This is the average pressure in your arteries during one heartbeat. A normal range is between 70 and 100 mmHg.



Heart Utilized

Heart utilization shows how much of your heart's full capacity is being used. Less than 50% at rest and 51–85% during moderate activity is considered normal.



Heart rate max

191 BPM

Heart rate reserve

108 BPM

Target HR Rate

<104 BPM

VO2 Max

35 mL/kg/min

Stress Level

Stress Index

Body's response to everyday pressures resulting from emotional or physical tension. A Stress Index below 1.5 is considered normal.



ELEVATED

1.8 Stress Index

Your Stress Level is Elevated

Fitness Levels

Cardiovascular Endurance

Cardiovascular endurance is how long your heart and lungs can keep you active. It helps you stay healthy, fit, and less tired.

Normal

Time Elapsed : **12** sec

Poor **Normal** Good Great

Body Composition

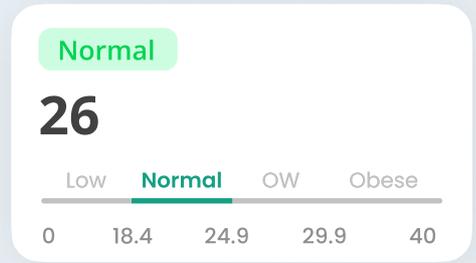
Body Weight Distribution

- **Lean Mass:** 53.8 kg
Mass of muscle, bone, organs, and water in your body, measured in pounds or kilograms.
- **Fat Mass:** 24.2 kg
Adipose tissue in your body, measured in pounds or kilograms.



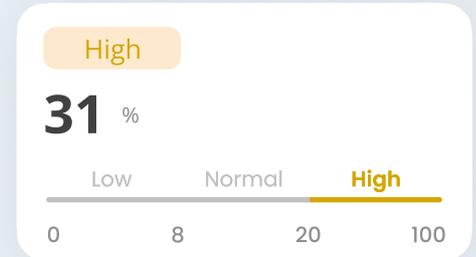
BMI

BMI is a way to check body fat using your height and weight. A normal BMI is between 18.5 and 24.9. OW means overweight.



Body Fat Percentage

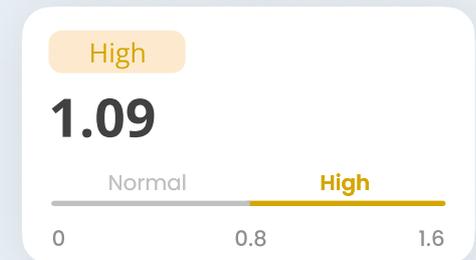
Body fat percentage shows how much of your weight is fat. Higher levels can raise the risk of obesity and heart problems. Healthy ranges depend on your age and gender.



Android Gynoid Fat Ratio

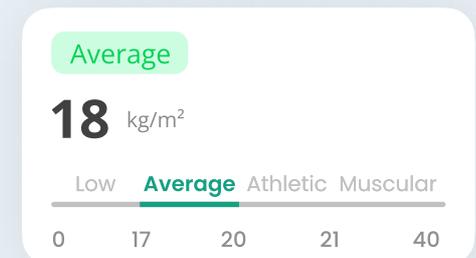
Linked to an increased risk of metabolic syndrome and obesity-related health risks.

- **Android Fat Percentage**
Concentrated in the abdomen and waist, is linked to visceral fat.
- **Gynoid Fat Percentage**
Concentrated in the hips, thighs, and buttocks, creates a 'pear shape' common in women.



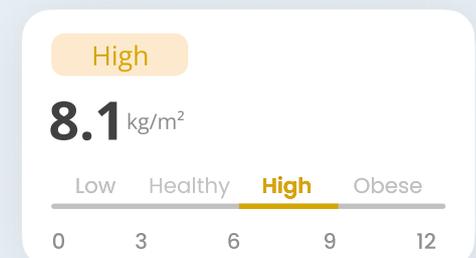
Lean Mass Index

The amount of lean body mass like muscles, bones, and organs relative to your height. It does not include body fat. A higher LMI means you have more muscle and lean tissue, which is usually a sign of better strength and fitness.



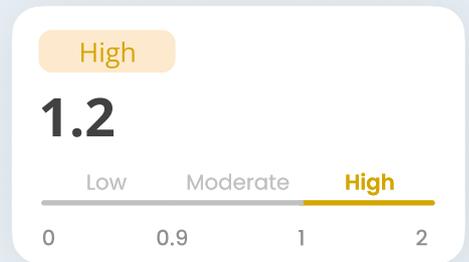
Fat Mass Index

Fat Mass Index (FMI) measures the amount of body fat you have in relation to your height. It includes only fat tissue and not muscle, bones, or organs. A higher FMI means more body fat, which can be linked to health risks if it's too high.



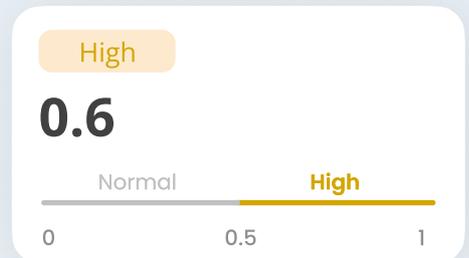
Waist-Hip Ratio

It is a measurement that compares the circumference of the waist to that of the hips. Important indicator of health in assessing the risk of cardiovascular diseases and metabolic disorders.



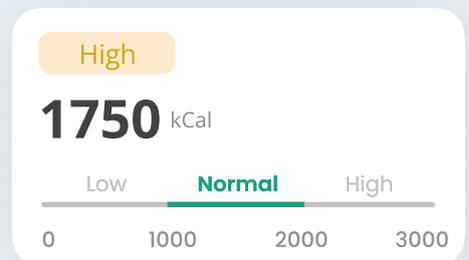
Waist-Height Ratio

It is a measurement that compares the circumference of the waist to the height of an individual. It is a useful indicator of central obesity and related health risks.



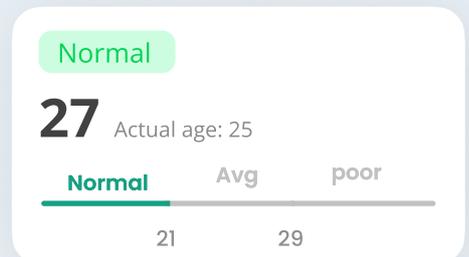
Metabolic Rate

It is the rate at which the body burns calories to maintain vital functions and perform activities, encompassing all processes like breathing, circulation, cell production, and digestion.



Metabolic Age

Metabolic age indicates how your body functions compared to your actual age, based on factors like metabolism, muscle mass, and fitness levels. A younger metabolic age suggests better overall health and fitness.



Recommendation Plan

We have created a personalized plan based on your Assessment performance.

○ Phase 1

Posture Awareness & Core Activation

Week 1-2: Develop daily posture habits, focusing on correct sitting and standing posture.

Week 3-4: Start gentle posture correction exercises with minimal core activation.

○ Phase 2

Core Stability & Minor Strengthening

Week 5-6: Continue posture improvement, introducing minor upper body strengthening.

Week 7-8: Increase focus on core stability and maintain posture exercises with minor flexibility work.

○ Phase 3

Advanced Posture Focus & Stamina

Week 9-10: Focus on holding postures longer, building endurance.

Week 11-12: Minor strength and stamina routines alongside posture exercises.

○ Phase 4

Maintenance & Posture Progress

Week 13-16: Reassess posture improvements, intensify postural holds, and adjust routines.

Week 17-24: Maintain focus on posture with occasional strength and flexibility routines.

ⓘ Disclaimer

This assessment is only indicative and not necessarily a direct representation of your risk. This report is not diagnostic. If you have any concerns, then please seek guidance from a medical professional who may conduct a physical examination and conduct further diagnostic test as required.

Contact Us



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