

# Health & Fitness Assessment

Session ID: session\_001

Generated on: 9/21/2025

## Overall Health Score

80%

Classification: good

### Key Body Vitals

Heart Rate: 75 bpm

Blood Pressure: 124/82 mmHg

### Heart Health

Wellness Score: 84

### Stress Level

Stress Index: 1.4

### Fitness Levels

Cardiovascular Endurance: N/A seconds

## Posture

Frontal body view

Score: 75%

Side body view

Score: 70%

## Body Composition

BMI: 33.145 (obese)

Body Fat: 29.754%