

# Health & Fitness Assessment

Session ID: session\_001

Assessment ID: as\_hr\_02

Generated on: 9/21/2025

## Overall Health Score

80%

### Key Body Vitals

Heart Rate: 75 bpm (Normal)

Blood Pressure: 124/82 mmHg

Oxygen Saturation: 96%

Respiratory Rate: 21 breaths/min

### Heart Health

Wellness Score: 84

### Stress Level

Stress Index: 1.4

## Fitness Levels

Cardiovascular Endurance: N/A seconds

## Posture

### Frontal body view

Score: 75%

- Shoulders slightly uneven, affecting posture balance.
- Head alignment slightly off-center.
- Feet aligned properly under shoulders.
- Arms hang naturally by the sides.

#### Tips:

- Practice shoulder alignment exercises daily.
- Focus on maintaining head center alignment.

### Side body view

Score: 70%

- Head leans slightly forward.
- Spine shows slight curvature at neck.
- Hips aligned over ankles correctly.
- Knees are slightly bent, affecting stance.

#### Tips:

- Engage in neck strengthening exercises.

- Consciously practice standing with straight knees.

## Body Composition

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BMI: 33.145 (Obese)

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Body Fat: 29.754%

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Lean Mass: 77.973 kg

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BMR: 2054.217 calories/day

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