

Health & Fitness Assessment

Comprehensive Health Analysis Report

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Assessment Overview

This comprehensive health and fitness assessment provides detailed insights into your physical condition, cardiovascular health, and overall wellness. Each metric has been analyzed and classified to help you understand your current health status and areas for improvement.

Key Body Vitals

OVERALL HEALTH SCORE

80 %

GOOD

HEART RATE

75 bpm

EXCELLENT

BLOOD PRESSURE SYSTOLIC

124 mmHg

GOOD

BLOOD PRESSURE DIASTOLIC

82 mmHg

GOOD

OXYGEN SATURATION

96 %

EXCELLENT

Heart Health

WELLNESS SCORE

84 points

EXCELLENT

VO2 MAX

79.83 ml/kg/min

EXCELLENT

CARDIAC OUTPUT

6.3 L/min

EXCELLENT

Stress Level

STRESS INDEX

1.4 index

GOOD

HRV (RMSSD)

23.64 ms

AVERAGE

Fitness Levels

CARDIOVASCULAR ENDURANCE

N/A

N/A

SQUAT PERFORMANCE

N/A

N/A

Posture Analysis

FRONTAL VIEW SCORE

N/A

N/A

SIDE VIEW SCORE

N/A

N/A

Body Composition

BMI

33.145 kg/m²

AVERAGE

BODY FAT PERCENTAGE

29.754 %

AVERAGE

MUSCLE MASS

77.973 kg

EXCELLENT

Assessment Report System

This report is generated automatically based on your assessment data.

Please consult with healthcare professionals for medical advice.