

Health & Fitness Assessment

Session ID: session_001

Generated on: 25/9/2025, 3:18:24 pm

Overall Health Score

Overall Health Score

Good

80 %

Key Body Vitals

Heart Rate

Normal

75 bpm

Blood Pressure Systolic

Elevated

124 mmHg

Blood Pressure Diastolic

Elevated

82 mmHg

Oxygen Saturation

Normal

96 %

Respiratory Rate

Elevated

21 breaths/min

Heart Health

Stress Index

Low Stress

1.4

Heart Rate Variability (RMSSD)

Moderate

23.64 ms

Stress Level

Wellness Score

Good

84

Fitness Levels

VO2 Max

Out of Range

79.83 ml/kg/min

Cardiovascular Endurance

Invalid

N/A seconds

Posture

Posture Analysis

Invalid

N/A

Body Composition

BMI

Obese

33.145

Body Fat Percentage

High

29.754 %