

Key Body Vitals

Overall Health Score: 80 % **Poor**

Heart Rate: 75 bpm

Blood Pressure (Systolic): 124 mmHg

Blood Pressure (Diastolic): 82 mmHg

Heart Health

Stress Index: 1.4

HRR (Heart Rate Recovery): 116 bpm

RMSSD: 23.64

Fitness Levels

Cardiovascular Endurance: 61 seconds **Low**

Squat Reps: 42 reps

Body Composition

BMI: 33.145 **Underweight**

Body Fat %: 29.754 %

Lean Mass Index (LMI): 23.283

Posture Analysis

Frontal View Score: 75 %

Side View Score: 70 %

Health & Fitness Assessment Report

Session ID: session_001

Assessment ID: as_hr_02