

Health & Fitness Assessment Report

PATIENT NAME	ASSESSMENT DATE
John Doe	Thu, Feb 27, 2025
GENDER / AGE	REPORT ID
MALE / 43 years	session_001



Overall Health Assessment

Your comprehensive health score based on all assessments

80



0 Poor (0-40) Fair (40-70) Good (70-85) Excellent (85-100)



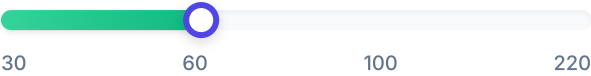
Key Body Vitals

Heart Rate

NORMAL

The heart rate is the number of times heart beats in a minute. A normal resting heart rate for adults ranges from 60 to 100 beats per minute.

75.0 beats/min



Respiration Rate

NORMAL

The respiration rate is the number of breaths taken per minute. It is typically measured at rest by counting the chest rises for one minute.

21.0 breaths/min



Oxygen Saturation

NORMAL

Oxygen saturation (SpO2) is the measurement of how much oxygen the blood is carrying as a percentage of the maximum it could carry.

96.0 %



Blood Pressure

HIGH

Blood pressure is a measure of the force that the heart uses to pump blood around the body. Blood pressure is measured in millimeters of mercury (mmHg) and is given as 2 figures: Systolic pressure - the pressure when your heart pushes blood out Diastolic pressure - the pressure when your heart rests between beats.

124/82 mmHg



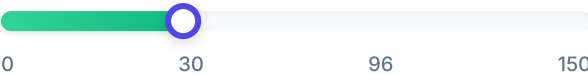
Heart Health

❤️ SDNN

NORMAL

The standard deviation of all of the NN intervals (the time intervals between each heartbeat). Higher numbers usually indicate that your body is coping better with stress.

45.9 MS

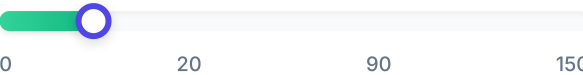


❤️ RMSSD

NORMAL

The root mean square of successive intervals between normal heartbeats (RMSSD). RMSSD is obtained by first calculating each successive time intervals between heartbeats in msec.

23.6 MS



❤️ PNN50

HIGH

PNN50 is the proportion of adjacent N-N intervals differing by more than 50 msec. pNN50 lower than 3% is considered indicative of high risk

47.4 %



❤️ Cardiac Output

NORMAL

The amount of blood heart pumps through the circulatory system in a minute. Cardiac output in humans is generally 4-8 L/min in an at-rest.

6.3 L/M

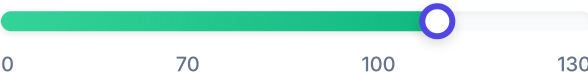


🩺 Mean Arterial Pressure

NORMAL

MAP is the average arterial pressure throughout one heart cycle. MAP anything between 70 and 100 mmHg is considered to be normal.

96.0 mmHg

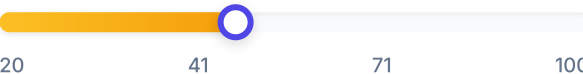


Heart Utilised

LOW

Heart utilization is the percentage of overall heart usage to its maximum peak heart rate. Generally less than 50% utilization at rest and 51-85% utilization at moderate intensity is considered as normal.

40.0 %





Stress Level



Stress Index

NORMAL

Stress is the reaction to everyday pressure due to emotional or physical tension. Stress Index < 1.5 is considered to be normal

1.4



Fitness Levels

Cardiovascular Endurance

GREAT

Cardiovascular endurance is the ability of the heart and lungs to sustain prolonged physical activity, crucial for overall health, athletic performance, and reducing fatigue.

61.0 sec

Muscular Endurance

GREAT

Muscular endurance is the ability of muscles to perform repeated contractions over time, crucial for daily activities, athletic performance, and injury prevention.

42.0

Flexibility

GOOD

Flexibility is the ability of muscles and joints to move through their full range of motion, enhancing daily activities, athletic performance, and reducing injury risk.

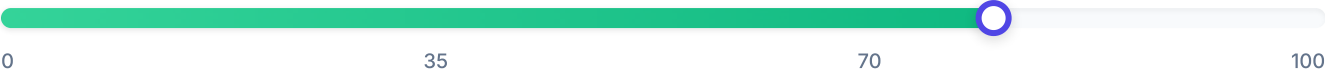
75.1



Posture

Front Posture

75.0



NORMAL

Side Posture

70.0



LOW



Body Composition



BMI

OBESE

BMI is the measure of body fat based on height and weight. The normal range of BMI is 18.5 - 24.9 kg/m².

33.1 kg/m²

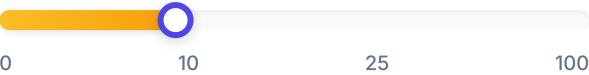


Body Fat Percentage

HIGH

The percentage of your total body weight that is made up of fat mass. It is strongly correlated with obesity-related and cardiovascular health risks. Body fat percentage reference ranges are age and gender specific.

29.8 %

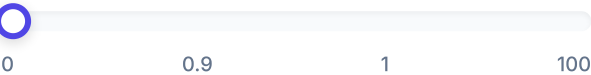


A/G Ratio

HIGH

Linked to an increased risk of metabolic syndrome and obesity-related health risks. Android Fat Percentage: Concentrated in the abdomen and waist, is linked to visceral fat. Gynoid Fat Percentage: Concentrated in the hips, thighs, and buttocks, creates a 'pear shape' common in women.

1.7



Lean Mass Index

HIGH

Measure of muscularity based on lean mass and height and is correlated with both fitness and health outcomes. A higher LMI indicates more muscularity.

23.3 kg/m²

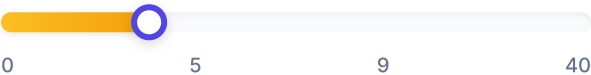


Fat Mass Index

HIGH

Measure of excess fat, not including lean mass. Unlike BMI, FMI provides a gender-specific measure of fat that is not confounded by lean mass.

9.9 kg/m²



Waist-Hip Ratio

HIGH

It is a measurement that compares the circumference of the waist to that of the hips. Important indicator of health in assessing the risk of cardiovascular diseases and metabolic disorders.

0.9



Waist-Height Ratio

NORMAL

It is a measurement that compares the circumference of the waist to the height of an individual. It is a useful indicator of central obesity and related health risks.

0.6



Metabolic Rate

HIGH

It is the rate at which the body burns calories to maintain vital functions and perform activities, encompassing all processes like breathing, circulation, cell production, and digestion.

2054.2 kCal



Metabolic Age

NORMAL

Metabolic age indicates how your body functions compared to your actual age, based on factors like metabolism, muscle mass, and fitness levels. A younger metabolic age suggests better overall health and fitness.

48.0



Key Health Insights

✓ Good Health Status: With a score of 80%, you're demonstrating good overall health. There are opportunities to enhance your fitness level through targeted improvements in specific areas identified in this report.

🏥 Medical Attention Recommended: Your BMI of 33.1 indicates obesity. Consult healthcare providers for a safe, effective weight management program.

❤️ Cardiovascular Health: Your resting heart rate of 75 bpm is within the normal range, indicating good cardiovascular efficiency.

🧘 Stress Management: Your stress index of 1.4 indicates excellent stress control. Your body is managing daily pressures effectively.



Personalized Recommendations



Advanced Fitness Training

Incorporate high-intensity interval training (HIIT) 2x per week and strength training 3x per week. This will help maintain your excellent fitness level and continue improving performance.



Nutritional Optimization

Focus on portion control and nutrient-dense foods. Aim for a balanced plate: 50% vegetables, 25% lean protein, 25% whole grains. Track your intake and maintain a moderate caloric deficit for healthy weight loss.



Recovery and Flexibility

Dedicate 10-15 minutes daily to stretching and mobility work. Include foam rolling, dynamic stretches before exercise, and static stretches after. Prioritize rest days for optimal recovery.



Regular Health Monitoring

Schedule follow-up assessments every 3-6 months to track progress. Keep a health journal documenting exercise, nutrition, and how you feel. This helps identify patterns and optimize your health strategy.



Important Medical Disclaimer

This health assessment report is generated based on the data collected during your assessment session. It provides general health insights and should not replace professional medical advice, diagnosis, or treatment. Always consult with qualified healthcare professionals for medical decisions and before making any changes to your health regimen.

Report Information

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