

# Health & Fitness Report

## Overall Results

- **Overall Health Score:** 80

## Key Body Vitals

- **Heart Rate:** 75
- **Blood Pressure Systolic:** 124
- **Blood Pressure Diastolic:** 82

## Fitness Levels

- **Jog Test (seconds):** 61

## Body Composition

- **BMI:** 33.145 (Obese)

## Posture

- **Posture:** exercising