

HEALTH ASSESSMENT REPORT

Comprehensive Health & Fitness Analysis

Basic Information

Session ID session_001

Assessment ID as_hr_02

Gender male

Height 183 cm

Weight 111 kg

Overall Accuracy 80 (Good) %

Time Elapsed 193 seconds

Vital Signs

Heart Rate 75 (Normal) bpm

BP Systolic 124 (Elevated) mmHg

BP Diastolic 82 (Elevated) mmHg

Oxygen Saturation 96 (Normal) %

Respiratory Rate 21 /min

Health Scores

Health Risk Score 16 (Moderate Risk)

Wellness Score 84 (Good)

Diabetes Control Score 57.5

HbA1c 5.2 %

Body Composition

BMI 33.145 (Obese)

Body Fat % 29.754 (High) %

Basal Metabolic Rate 2054.217 calories

Fat Mass 33.027 kg

Lean Mass 77.973 kg

Metabolic Age 48 years

WHR (Waist-Hip Ratio) 0.926

Cardiovascular Metrics

Cardiac Output 6.3 L/min

Mean Arterial Pressure 96 mmHg

VO2 Max 79.83 (Excellent) ml/kg/min

Blood Volume 6354.9 ml

Heart Rate Variability

HR Max 191 bpm

HR Reserve 116 bpm

Target HR Range 145 - 191 bpm

Heart Utilized 40 %

Stress Index 1.4 (Moderate Stress)

RMSSD 23.64 ms

SDNN 45.88 ms

Exercise Performance

Frontal View Score 75 (Good)

Side View Score 70 (Fair)

Jog Test Accuracy 99.17062 %

Jog Test Time 61 seconds

Squat Reps 42 reps

Squat Accuracy 93.333336 %

Stand & Reach Distance 45.538174 cm