

Health & Fitness Assessment

Assessment ID: as_hr_02 | Session: session_001

Key Body Vitals

Overall Health Score	80 %	Heart Rate	75 bpm
Blood Pressure Systolic	124 mmHg	Blood Pressure Diastolic	82 mmHg

Heart Health

Wellness Score	84 Good	Stress Index	1.4 Moderate
----------------	----------------------	--------------	---------------------------

Stress Level

RMSSD	23.64	SDNN	45.88
-------	-------	------	-------

Fitness Levels

Cardiovascular Endurance (Jog test time)	61 sec
--	--------

Posture

Posture Status	exercising
----------------	------------

Body Composition

BMI	33.145 Obese	Body Fat %	33.36 %
-----	---------------------------	------------	---------