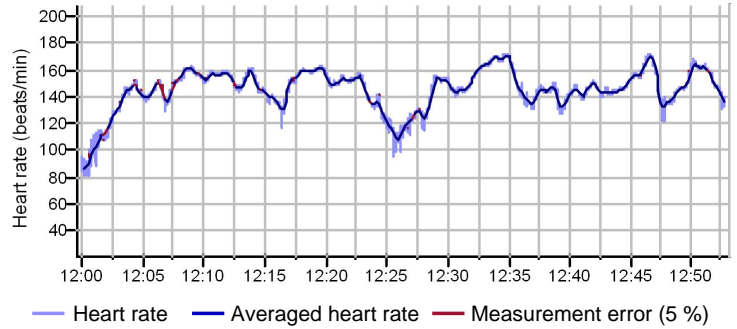


# Health Promoting Physical Activity

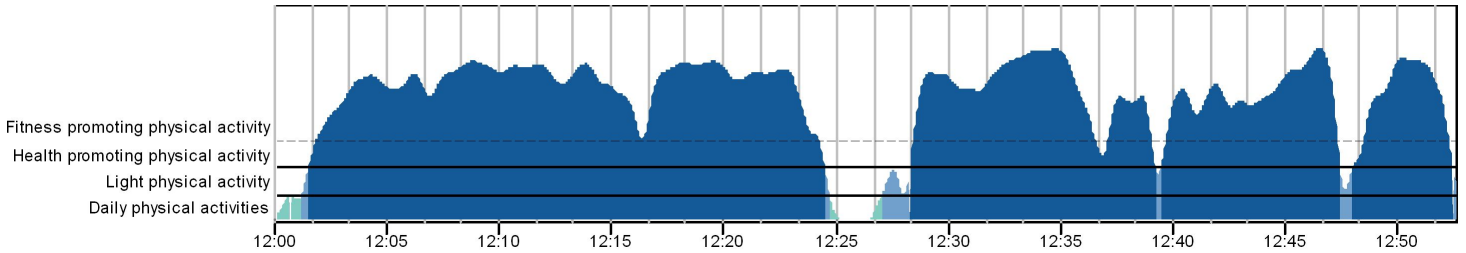
**Person:** John Doe

**Date:** 10.10.2004

Background information		Measurement information	
Age	38	Measurement length	00:52:39
Height (cm)	176	Measurement time	12:00:00 - 12:52:39
Weight (kg)	80	Lowest heart rate	87
Resting heart rate	55	Highest heart rate	172
Maximum heart rate	185	Average heart rate	145



## Health Promoting Physical Activity Chart



Measurement included	
Daily physical activities	2 min
Light physical activity	2 min
Health promoting physical activity	48 min

### Daily physical activities

Daily physical activities with moderate intensity. (Intensity 20-30%VO2max)

### Light physical activity

Physical activity with slightly increased intensity, e.g. walking to work. (Intensity 30-40% VO2max)

### Health promoting physical activity

Regular physical activity with moderate intensity and health promoting effects. (Intensity >40% VO2max)

### Fitness promoting physical activity

Demanding physical activity that has health and fitness promoting effects. (Intensity >50% VO2max)



## Health Analysis of the Physical Activity

	The duration and the intensity of the physical activity was satisfactory to gain health promoting effects.
	The intensity of the physical activity was satisfactory but the duration was too short in terms of health recommendations.
	The duration of the physical activity was satisfactory but the intensity was too low in terms of health recommendations.
	The measurement included some positive increases of intensity that had health promoting effects.
	The physical activity did not have health promoting effects.

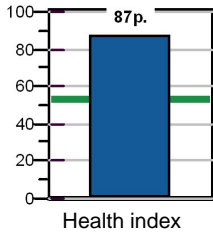
Health promoting effects due to physical activity observed during the measurement.



### Effects of physical activity on health

Regular physical activity promotes health and prevents illnesses. Even short increases in physical activity improve cardiorespiratory fitness and thus promote health. In addition, energy expenditure is higher and blood pressure is lower for several hours after the physical activity.

## Health Index



- EXCELLENT. Significant positive effects.
- GOOD. Definite positive effects.
- SATISFACTORY. Not enough positive effects.
- TOLERABLE. No explicit effects.

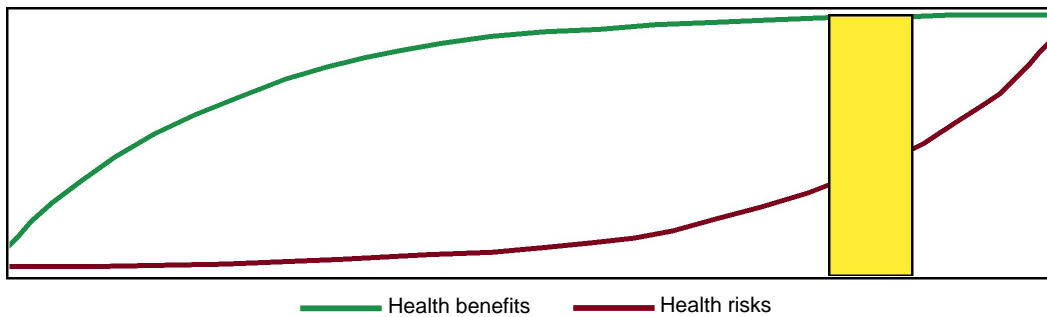
The health index indicates how well the physical activity during the measurement satisfied the general intensity and duration recommendations. The green line indicates the average index of your reference group.



### Physical activity recommendations

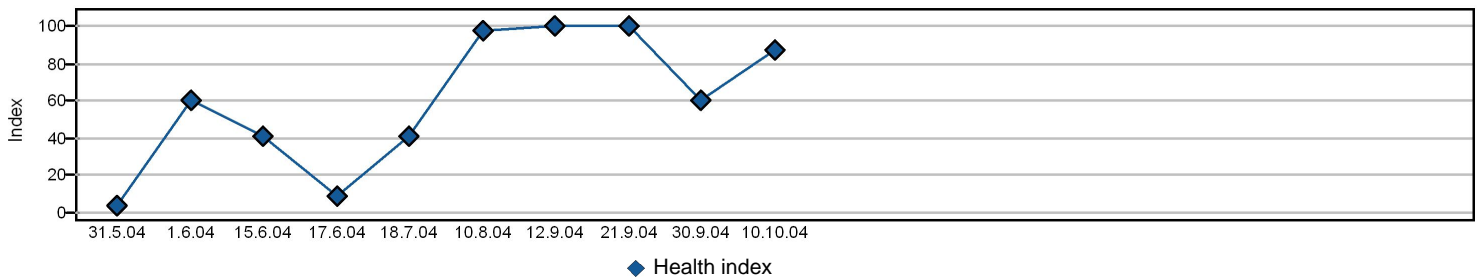
According to the recommendations, physical activity should be performed regularly for at least 30 min per day with moderate intensity. The benefits of physical activity start to diminish after two weeks if training is stopped and are totally lost after about 2 to 8 months. In addition to the range of physical activities, also diet and adequate rest are important in promoting health and well-being. (Source: American College of Sports Medicine)

## Health Benefits and Risks



The yellow bar indicates health benefits and risks related to the physical activity performed. Physical activity with moderate intensity and duration has health promoting effects, but the risks for injuries and overtraining tend to increase when training gets more demanding. Ideally, health promoting physical activity should offer increasing health effects while the risks should remain minimal.

## Health Index Follow-Up



Health index during the follow-up.