

HRVvital analysis report

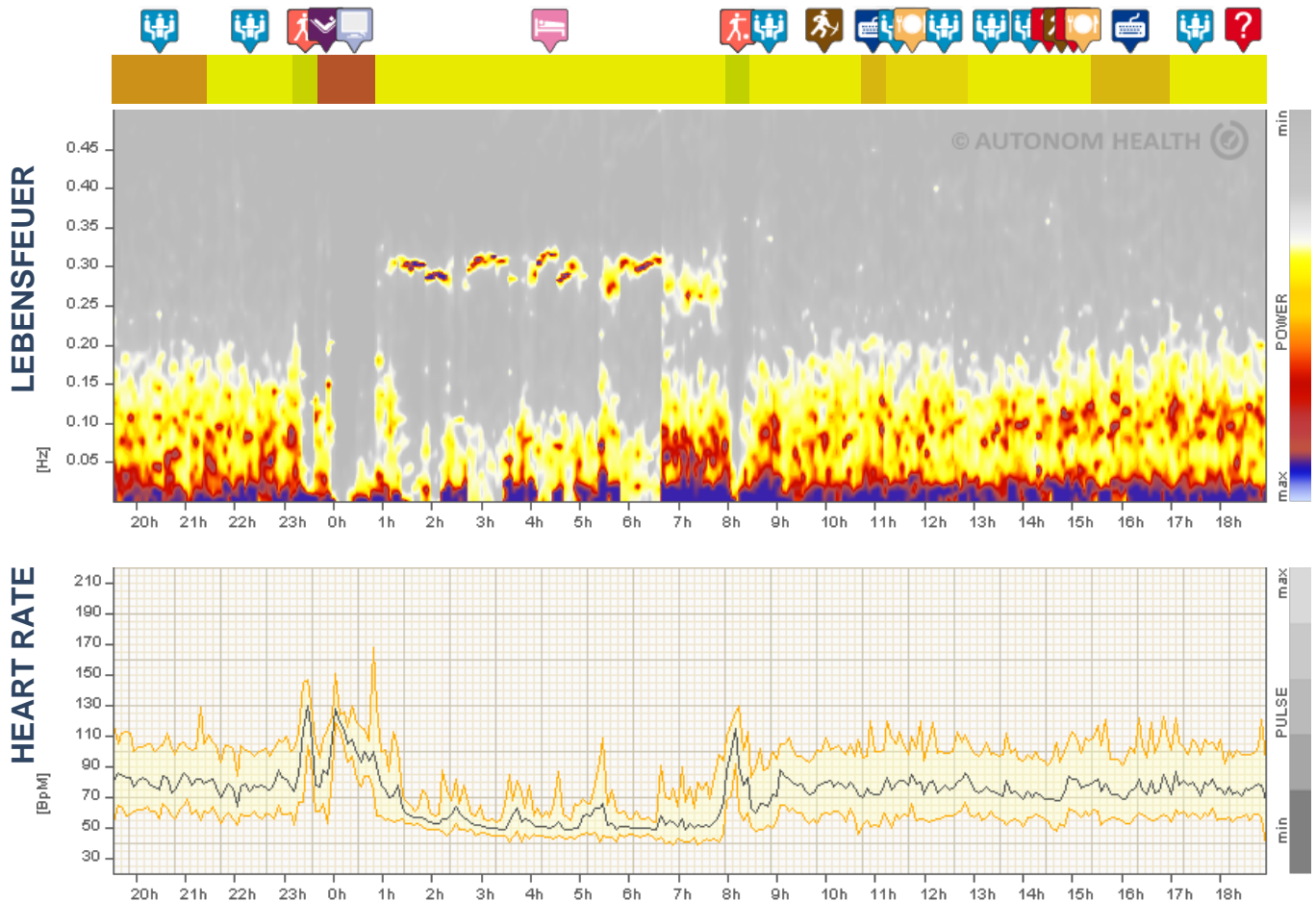
gesunder 22-jähriger Mann ♂

1991-06-12

measurement time 23:23 Hours

Start: 28.11.2013 ⌚ 19:33

Ende: 29.11.2013 ⌚ 18:57



Data of the analysis

Current biological age	20 Years	General vitality index	564
Number of heartbeats	92,550	Overall average heart rate	68 BpM
Avg. heart rate day	77 BpM	Avg. heart rate night (sleep)	54 BpM
Minimum heart rate	38 BpM	Maximum heart rate	163 BpM
Dynamic A	23 BpM	Dynamic B	125 BpM

1. General vitality

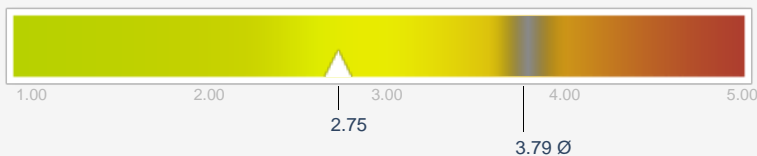
The result is quite satisfactory. You have good vitality. Preserve this essential resource and pay attention to the balance of performance and regeneration.



- ▲ gesunder 22-jähriger Mann
- 22 year old men

1.1. Current biological age

Your current biological age is 20.00 years, that is good. You have good vitality. Maintain this essential resource by paying attention to regularity in your daily routine. Meals, sleep, rest breaks, ideally power napping, but also adequate activation at regular times as many days a week as possible will improve your vitality. Also, periodically repeated activities (sports, social contacts etc.) as often as possible counteract premature aging. Correct breathing technique, large amounts of fresh drinking water and high-quality nutrition will further improve your substance.



- ▲ gesunder 22-jähriger Mann
20.00 Years
- 22 year old men
27.77 Years

1.1.1. General vitality index

Your general vitality index is 563.54. This is quite satisfactory. You have good vitality.

gesunder 22-jähriger Mann
563.54

22 year old men
516.24

1.1.2. Overall average heart rate

During the entire measurement your heart beat 92,550.00 times, an average of 68.00 times per minute, which is within an efficient range. Your ability to call up your power is comfortably high, but can still be "extended" through adequate physical training with subsequent relaxation and the correct breathing technique.



- ▲ gesunder 22-jähriger Mann
67.64 BpM
- 22 year old men
67.06 BpM

1.1.3. Avg. heart rate day

Your average daytime heart rate was 76.71 beats per minute, which is within a good range. Your average daytime heart rate including sports was 77.46 beats per minute.



- ▲ gesunder 22-jähriger Mann
76.71 BpM
- 22 year old men
75.54 BpM

1.1.4. Avg. heart rate night (sleep)

Your average heart rate during sleep was 54.04 beats per minute in the optimal regeneration promoting range.



- ▲ gesunder 22-jähriger Mann
54.04 BpM
- 22 year old men
54.25 BpM

1.1.5. Dynamic A

The difference between your average heart rate during the day and that during sleep was 23.42 beats per minute. That is a good value, which reflects good adaptation between performance and regeneration. Stimulate this momentum through regular physical activity and restful sleep.



- ▲ gesunder 22-jähriger Mann
23.42 BpM
- 22 year old men
22.56 BpM

1.1.6. Minimum heart rate

Your minimum heart rate during the measurement was 38.00 BpM, the average rate of 22-year old women/men is 41.94 BpM.

gesunder 22-jähriger Mann
38.00 BpM at 18:57:33 (Other Activities)

22 year old men
41.94 BpM

1.1.7. Maximum heart rate

Your maximum heart rate during the measurement was 162.60 BpM, the average for 22-year old women/men is 167.48 BpM.

gesunder 22-jähriger Mann
162.60 BpM at 00:53:36 (TV)

22 year old men
167.48 BpM

1.1.8. Dynamic B

The difference between your minimum and maximum heart rate was 124.60 beats per minute. That is an excellent value, which indicates a high level of motivation basically.?

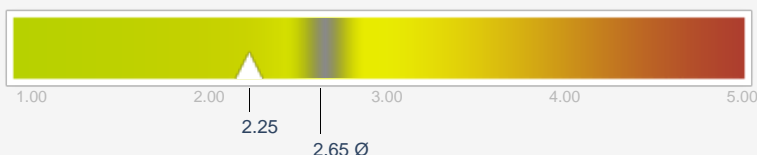


▲ gesunder 22-jähriger Mann
124.60 BpM

■ 22 year old men
125.54 BpM

1.2. Performance potential

You are able to face challenges with faith in your above average performance capability. Remember, however to let the pendulum swing in the correct rhythm between performance and regeneration! Performance potential must always be built from anew.



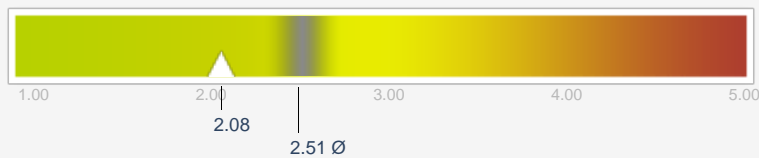
▲ gesunder 22-jähriger Mann

■ 22 year old men



1.3. Burnout risk

Currently only slight burnout Risk. Regenerative capacity and reserves are located in a reassuring area. Strengthen this essential resource through optimal exchange between stress and recovery phases.

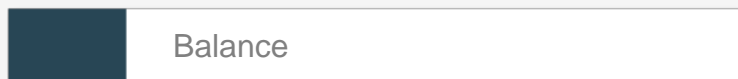


▲ gesunder 22-jähriger Mann

■ 22 year old men

1.4. Impulse

A good general condition allows you to make much more out of your life. Improve your "amplitude" between performance and regeneration, become physically and mentally more active and enjoy the change from high activity to the great feeling of a deserved rest after all your work. With the changes from tension and relaxation at your own pace you are using the natural law of "action - reaction" for improved performance with continued health.



▲ gesunder 22-jähriger Mann

■ 22 year old men

2. Physical vitality

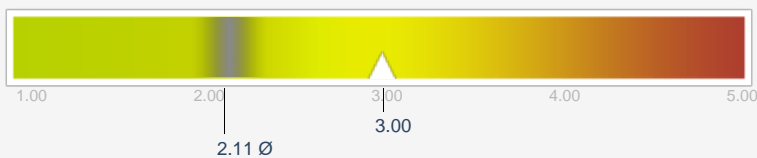
Your physical performance capability is satisfactory



- ▲ gesunder 22-jähriger Mann
- 22 year old men

2.1. Duration

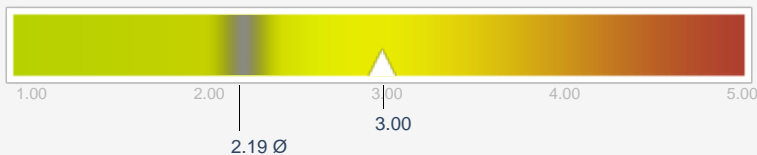
You should exert yourself longer than you did on the day of measurement . Sport is the best medicine



- ▲ gesunder 22-jähriger Mann
1:00 Hours
- 22 year old men
2.34 Hours

2.2. Intensity

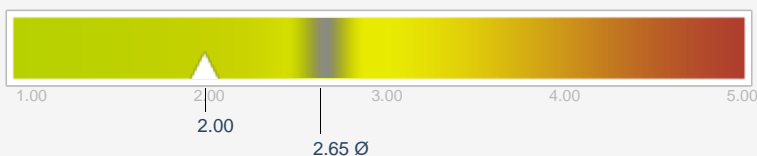
You should go for a more intensive physical exertion as you did on the day of measurement in order to achieve more health promoting benefits.



- ▲ gesunder 22-jähriger Mann
- 22 year old men

2.3. Regeneration

After the exercise your have recovered well. With optimal relaxation and breathing , you can further improve here.



- ▲ gesunder 22-jähriger Mann
- 22 year old men



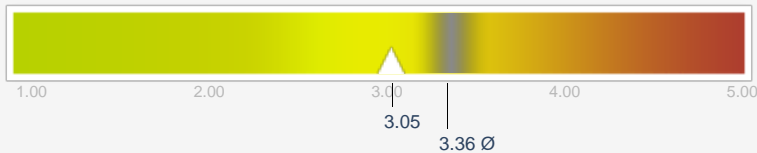
2.4. Recommended range of pulse frequency during moderate cardio training

gesunder 22-jähriger Mann
130 BpM - 160 BpM

22 year old men
93.51 BpM

3. Mental vitality

Your mental performance capability could really be improved.



- ▲ gesunder 22-jähriger Mann
- 22 year old men

3.1. Total duration of mental activities

The total duration of your mental activities should be significantly reduced.



- ▲ gesunder 22-jähriger Mann
10:30 Hours
- 22 year old men
5.13 Hours

3.2. Duration of single mental activities

The duration of mental activity in terms of interruptions was good – a little polish on the rhythm and it is optimal.



- ▲ gesunder 22-jähriger Mann
- 22 year old men

3.3. Physical relaxation, relaxed state / exhaustion during mental activity

During the mental activity you were physically relaxed and also breathed better. Optimize your seating position and overall posture. Watch for regular abdominal breathing during all calm activities and particularly with mental activities.



- ▲ gesunder 22-jähriger Mann
- 22 year old men

3.4. Concentration, focus during mental activity

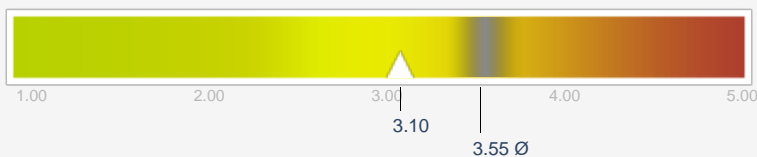
Your ability to fully and completely concentrate on the job is very well developed. Your ability to concentrate can be classed as good.



- ▲ gesunder 22-jähriger Mann
- 22 year old men

3.5. Economics (flow) or overfatigue during mental activity

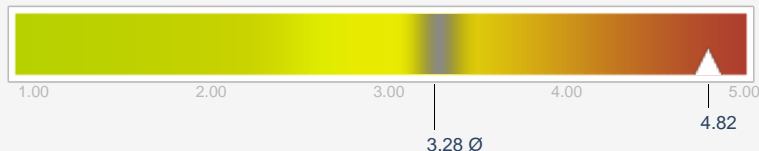
In the analysis also indications of fatigue or exhaustion appeared. Your mental performance capability is dependent on good sleep, a good regular diet including adequate supply of drinking water and not least the length of mental strain alternating with relaxation or activation breaks. Support your performance capability with a high quality micronutrient base and consider with priority taking extra vitamin B and magnesium. Take fresh air!



- ▲ gesunder 22-jähriger Mann
- 22 year old men

4. Regeneration

You do not take breaks during the day and therefore you do not relax and are not able to recover. Breaks are important to recharge your batteries and increase your performance, response and ability to concentrate again. When you are under daily stress or you are overloaded and lack recovery breaks, then this can lead to exhaustion and subsequently to burn-out. For good regeneration treat yourself to several 5 minute relaxation and breathing pauses throughout the day.



▲ gesunder 22-jähriger Mann

■ 22 year old men

4.1. Total duration of regeneration (except TV)

You have invested less than 30 minutes in regeneration, there's a lot more to be had!



▲ gesunder 22-jähriger Mann
0:20 Hours

■ 22 year old men
1.45 Hours

4.2. Total duration of regeneration between 8 am and 6 pm

You have not allowed anytime towards balance throughout the day - that is bad for your health!



▲ gesunder 22-jähriger Mann
0:00 Hours

■ 22 year old men
1.17 Hours

4.3. Number of regeneration-units between 8 am and 6 pm

You were not prepared to even just once for 5 minutes consciously relax daily, that is disturbing.



▲ gesunder 22-jähriger Mann
0.00

■ 22 year old men
1.07

4.4. Relaxation during regeneration

Caution - your current ability to relax shows that you cannot sufficiently wind down. Your heart rate rises very little in comparison to other daily activities, i.e. your body functions (heart rate, blood pressure, metabolism) have no rest and are always set to perform. Relaxation is very important for you, especially after physical strain. Without relaxation recovery and regeneration is therefore not possible and by prolonged disregard of breaks can even be hazardous to health. In order to relax try for example "progressive muscle relaxation according to Jacobson" (= deep relaxation). This is achieved by consciously tensing and relaxing specific muscle groups reaching a state of deep relaxation throughout the body. Successively the individual muscles are first tensed, muscle tension is held shortly, and then the tension is released.

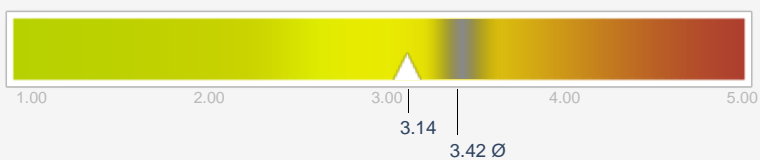


▲ gesunder 22-jähriger Mann
90.57 BpM

■ 22 year old men
71.53 BpM

4.5. Recreation during regeneration

Your measurement shows that you have an average ability to regenerate. Your breathing is only just in " harmony " with your heartbeat. Give yourself a 5min break several times a day to further increase your regeneration ability. Find a quiet place and breathe consciously and deeply into your stomach and exploit new energy sources.

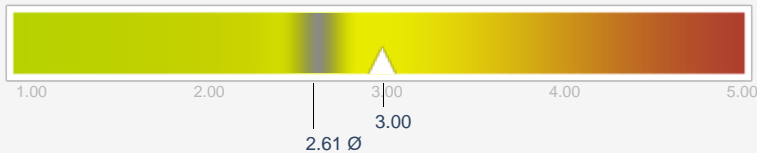


▲ gesunder 22-jähriger Mann

■ 22 year old men

5. Sleep

Your sleep quality can certainly be improved.



- ▲ gesunder 22-jähriger Mann
- 22 year old men

5.1. Total duration of sleep

Congratulations - you experience not too much nor too little sleep, but just the right amount.



- ▲ gesunder 22-jähriger Mann
7:05 Hours
- 22 year old men
8.03 Hours

5.2. Relaxation during sleep

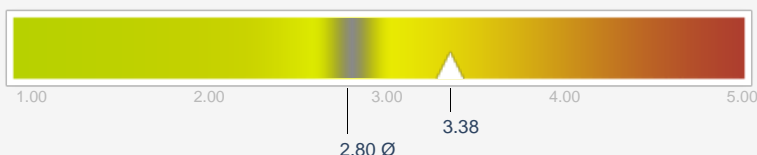
Congratulations! You can really sleep well switch off relax and enjoy your nights rest.



- ▲ gesunder 22-jähriger Mann
- 22 year old men

5.3. Recreation during sleep

Your ability to recover during sleep could be improved. Learn breathing exercises, try yoga or Qi Gong and look at your sleep as a valuable time for regeneration and therefore an irreplaceable asset to your health.



- ▲ gesunder 22-jähriger Mann
- 22 year old men

HRVmed analysis report

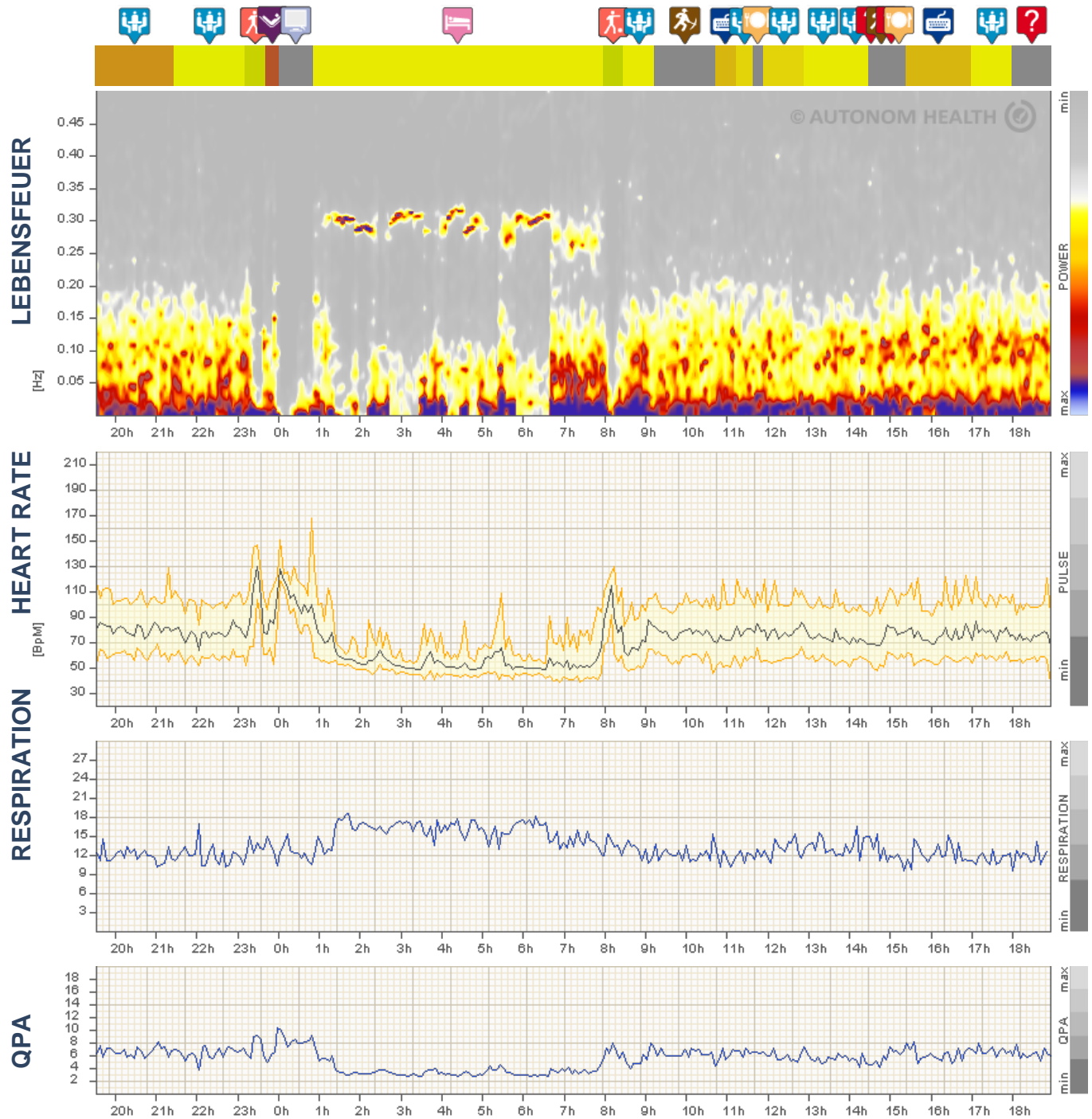
gesunder 22-jähriger Mann ♂

1991-06-12

measurement time 23:23 Hours

Start: 28.11.2013 ⌚ 19:33

Ende: 29.11.2013 ⌚ 18:57



HRVmed analysis report



AUTONOM HEALTH
Herzratenvariabilität

Data of the analysis

Overall average heart rate	68 BpM	Minimum heart rate	38 BpM
Maximum heart rate	163 BpM	Number of heartbeats	92,550
Number of heartbeats in 24hs	98,484		

	Day	Sleep	Entire measurement
Average heartrate	76.71 BpM	54.04 BpM	67.64 BpM
Total power	8,427.62 msec ²	6,580.27 msec ²	7,858.92 msec ²
ULF	721.88 msec ² (8.57 %)	521.66 msec ² (7.93 %)	659.48 msec ² (8.39 %)
VLF	3,405.86 msec ² (40.41 %)	2,723.33 msec ² (41.39 %)	3,195.30 msec ² (40.66 %)
LF	3,373.42 msec ² (40.03 %)	2,046.66 msec ² (31.10 %)	2,967.76 msec ² (37.76 %)
HF	926.45 msec ² (10.99 %)	1,288.61 msec ² (19.58 %)	1,036.39 msec ² (13.19 %)
pNN50	25.16 %	45.77 %	30.00 %
SDNN	138.47 msec	165.64 msec	207.61 msec
RMSSD	52.92 msec	75.02 msec	58.85 msec