



BODY ACTIVITY & HEART RATE

OUTCOMES

If the ECG is recorded and the Heart Rate is derived, also physical strain on the heart caused by physical activities can be evaluated.

REPORT

The objective of the 'Body Activity and Heart Rate Analysis Report' is to get an insight in physical activities and their associated physical strain, as expressed by the Heart Rate.

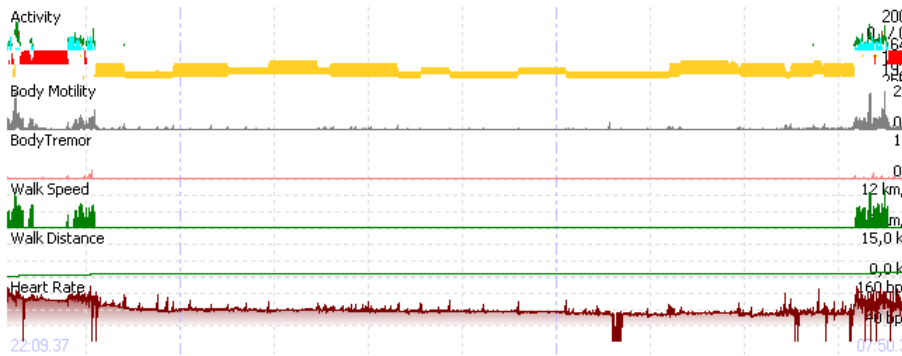
Report Header

Body Activity and HR Analysis Report

Patient Information

Last Name	VM9FEB2010_T1	Subject ID	VM9FEB2010	Date / Time	9-2-2010 / 22:09:37
Date of Birth	20-2-1950 (60)	Gender	Male	Weight / Height (BMI)	64 / 172 (21.6)

Recording Overview



'Walking / Running Periods' tables

Walking Periods	#	Dur (Min)	EE (Kcal)	Speed (km/hr)	Distance (km)	Rate-Stabil.	Sym.	HR (bpm)
0 - 10 Sec	23	3	11	3.7	0.16	86	0	104
10 - 60 Sec	8	2	11	4	0.16	84	0	104
1 - 5 Min	1	1	4	2.6	0.05	73	0	114
5 - 30 Min	0	0	0		0			
30 - .. Min	0	0	0		0			
Running								
0 - 60 Sec	3	1	12	8.3	0.13	95	0	85
1 - 5 Min	0	0	0		0			
5 - 30 Min	0	0	0		0			
30 - .. Min	0	0	0		0			

'Duration, HR' table

Duration, HR	Min.	%	HR (bpm)	Std
Lying	168.6	29	77.4	7
Sitting	47	8.1	100.4	14
Standing	23.4	4	105.9	22.6
Walking	6.5	1.1	107.8	22.1
Running	1	0.2	85.9	24
Bi-cycling	0	0		
Movement	16.4	2.8	107	26.6
..Standing...(% Mov.)	0.6	3.5	101.2	27.7
..Sitting....(% Mov.)	15.7	95.8	107.3	26.6
..Lying.....(% Mov.)	0.1	0.7	98.3	8.3

Activity distribution

(In)Activity distribution



0.2	Run/Cycle
1.1	Walk/Wheel
4	Standing
8.1	Sitting
29	Supine
0	Side/Prone
2.8	Movement
0	?

'Sitting / Standing Periods' tables

Sitting Periods	#	Dur (Min)	EE (Kcal)	Trunk Angle	HR (bpm)
0 - 10 Sec	0	0	0		
10 - 60 Sec	4	1	2	-4	96
1 - 5 Min	4	5	6	2	103
5 - 30 Min	3	41	56	8	102
30 - .. Min	0	0	0		

Standing Periods	#	Dur (Min)	EE (Kcal)	Trunk Angle	HR (bpm)
0 - 10 Sec	13	1	3	-24	109
10 - 60 Sec	27	12	24	-13	104
1 - 5 Min	5	10	18	-5	103
5 - 30 Min	0	0	0		
30 - .. Min	0	0	0		

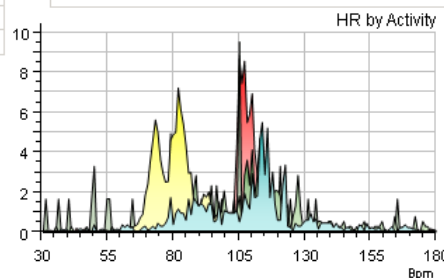
Total Body Posture Transitions table

BodyP Transitions	#
Total	10
Total - Lying Transitions	9

Comments

Diagnosis:

HR distribution per activity



OUTCOMES

If the ECG is recorded and the Heart Rate is derived, the effect of a top-performance on Heart Rate and physical strain and recovery before, during and after such a performance in relation to E-Expenditure can be quantified and also used for 24 hour circadian sleep/activity and HR for assessment of physical recuperation during sleep, and adaptation to time-zone.

REPORT

Objective of the 'Energy Expenditure and HR report' is to get an objective insight in energy expenditure as a function of physical activities with the associated physical strain, as expressed by the Heart Rate.

Report Header

Patient Information

Recording Overview

'Energy - Balance' table

Duration, HR Energy Expenditure table

Comments

Activity distribution

