



Physical activity recommendations



Project name: **Demo**

Age: **30**

Analysis interval: **2016-Sep-06 23:59:59**

Subject code: **Demo**

Height: **1.80 m**

2016-Sep-13 23:59:59

MM version **3.0**

Visit: **7days**

Weight: **80 kg**

Interval size: **07 days 00:00:00**

Date of analysis: **2017-Jun-15 11:45:11**

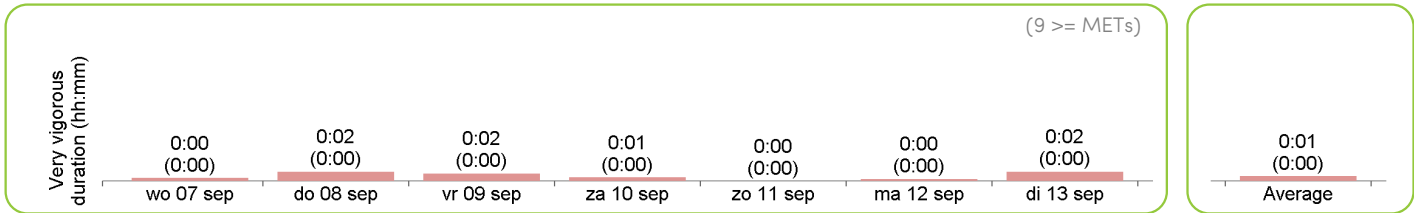
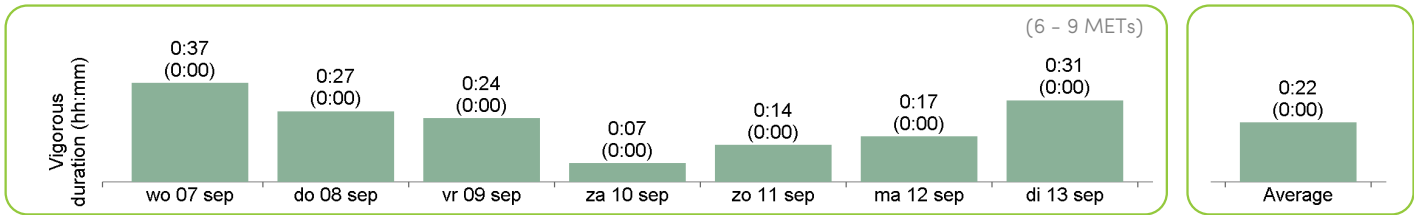
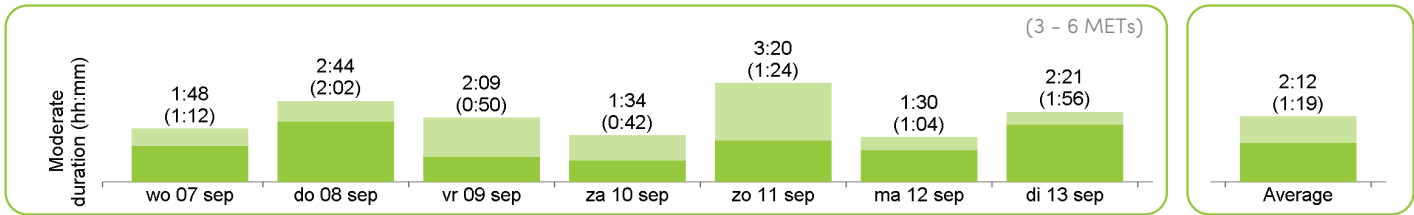
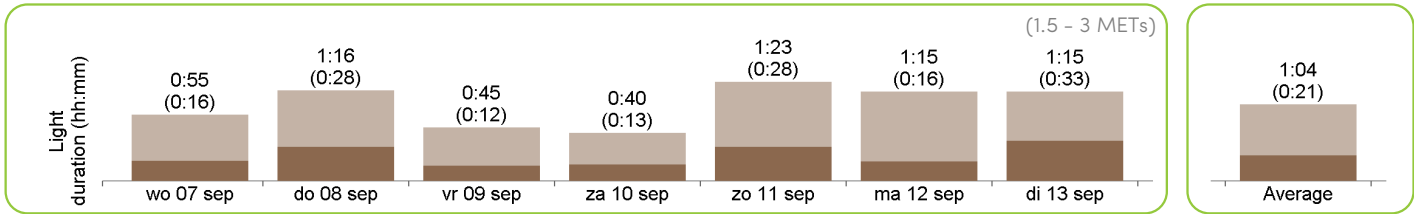
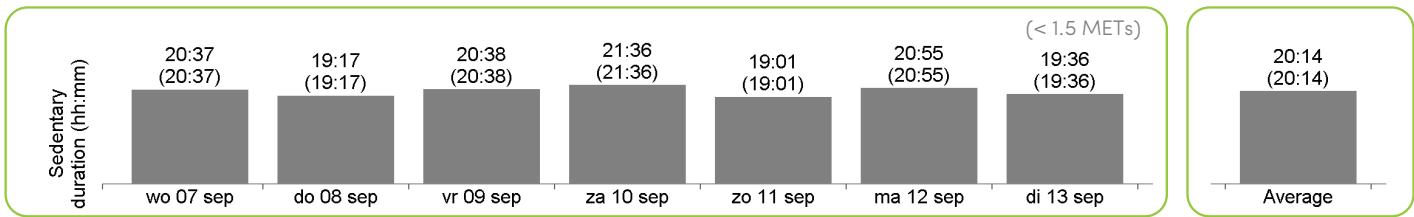
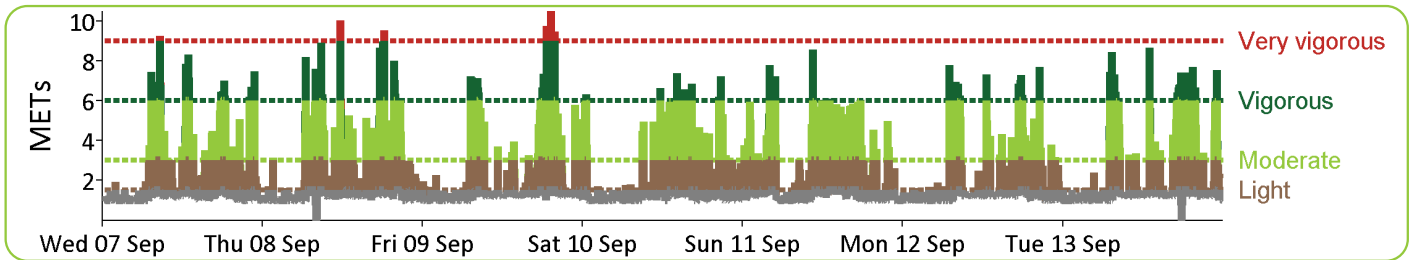
Measurement: **1234-12345-12....123.123456.OMX**

Gender: **Male**

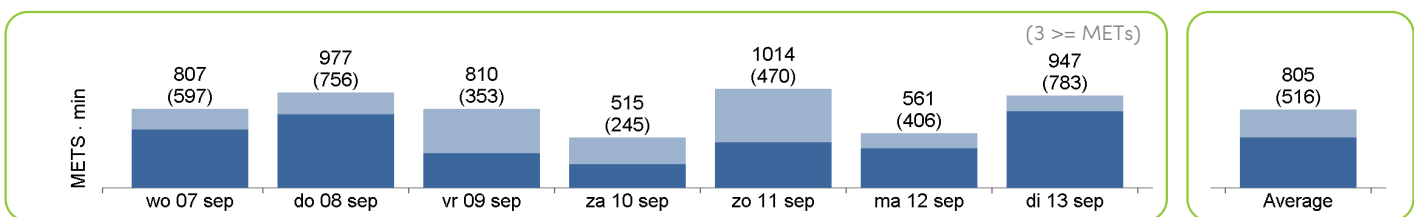
Device: **MM00123**

Request ID: **1234**

WEEK OVERVIEW



TOTAL ACTIVITY





Physical activity recommendations



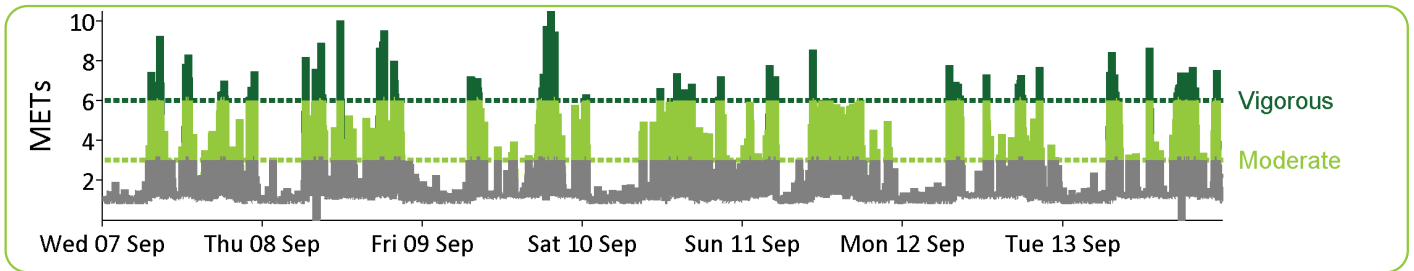
Project name: **Demo**
 Subject code: **Demo**
 Visit: **7days**
 Measurement: **1234-12345-12....123.123456.OMX**

Age: **30**
 Height: **1.80 m**
 Weight: **80 kg**
 Gender: **Male**

Analysis interval: **2016-Sep-06 23:59:59**
2016-Sep-13 23:59:59
 Interval size: **07 days 00:00:00**
 Device: **MM00123**

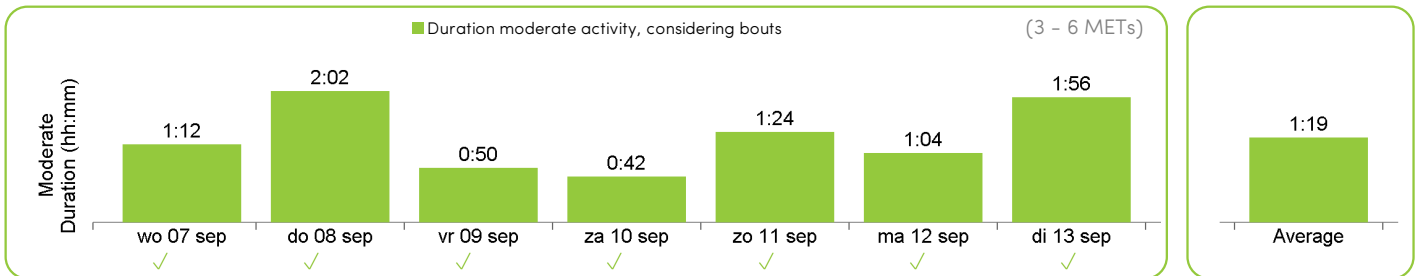
MM version **3.0**
 Date of analysis: **2017-Jun-15 11:45:11**
 Request ID: **1234**

OVERVIEW



ACSM GUIDELINE: MODERATE ACTIVITY

To promote and maintain health, all healthy adults need to engage in moderate-intensity aerobic physical activity (3 - 6 METs) for a minimum of 30 min per day on 5 days per week, activities performed in bouts of 10 min or more (not interrupted for more than 1 min) can be counted towards the recommendation¹.

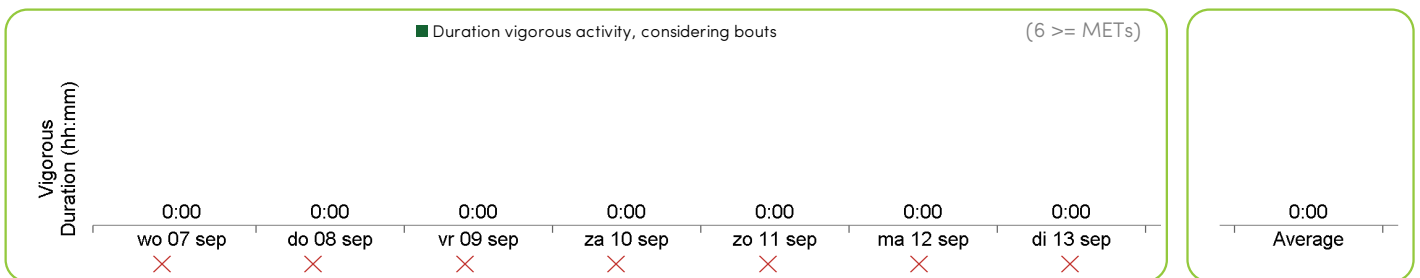


How did you do?	
achieved	goal
7 days	5 out of 7 days



ACSM GUIDELINE: VIGOROUS ACTIVITY

To promote and maintain health, all healthy adults need to engage in vigorous-intensity aerobic activity (6 >= METs) for a minimum of 20 min per day on 3 days per week, activities performed in bouts of 10 min or more (not interrupted for more than 1 min) can be counted towards the recommendation¹.



How did you do?	
achieved	goal
0 days	3 out of 7 days



ACSM GUIDELINE: COMBINATION

Combinations of moderate- and vigorous-intensity activity can be performed to meet the ACSM guideline¹. When combining moderate and vigorous intensity activity to meet the current recommendation, the minimum goal should be in the range of 450 to 750 MET·min per week (average 64 to 107 MET·min per day).

How did you do?		
	goal	achieved
Lower limit	64 MET·min	516 MET·min
Upper limit	107 MET·min	516 MET·min



¹ Haskell, W.H., et al. Physical Activity and Public Health: Updated Recommendation for ACSM and AHA. Med Sci Sports Exerc. 39(8):1423-34, 2007.