

## Allycare Assessment Report

Name : PRASANTH

Gender : MALE

Date of assessment : Tue Jun 17 2025

Age : 53



### Health Score

This score is based on the assessments you've completed. Offering a clear snapshot of your current health and fitness. Use it to track progress and target areas for improvement

Fair

59

Poor Fair Good Great

## Key Body Vitals



### Heart Rate

The heart rate is the number of times heart beats in a minute. A normal resting heart rate for adults ranges from 60 to 100 beats per minute.

Normal

94 beats/min

Low Normal High  
30 60 100 220



### Respiration Rate

The respiration rate is the number of breaths taken per minute. It is typically measured at rest by counting the chest rises for one minute.

Normal

20 breaths/min

Low Normal High  
6 12 21 30

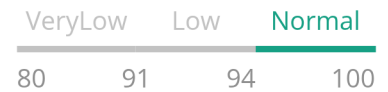


## Oxygen Saturation

Oxygen saturation (SpO2) is the measurement of how much oxygen the blood is carrying as a percentage of the maximum it could carry.

Normal

96 %

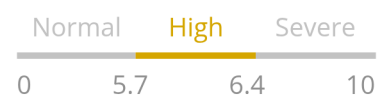


## Hba1c (Average Blood Sugar)

Hba1c measures your average blood sugar over 2-3 months. Higher levels indicate poor blood sugar control, crucial for diabetes management. Keeping Hba1c in target range helps prevent complications.

High

5.9 %

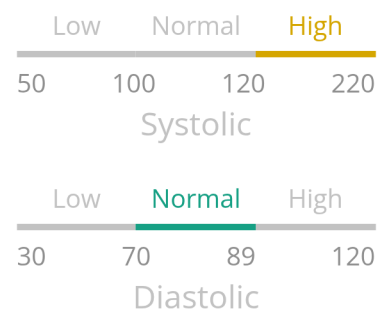


## Blood Pressure

Blood pressure is a measure of the force that the heart uses to pump blood around the body. Blood pressure is measured in millimeters of mercury (mmHg) and is given as 2 figures: Systolic pressure - the pressure when your heart pushes blood out Diastolic pressure - the pressure when your heart rests between beats.

High

124/79 mmHg



## Heart Health

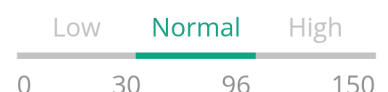


## SDNN

The standard deviation of all of the NN intervals (the time intervals between each heartbeat). Higher numbers usually indicate that your body is coping better with stress.

Normal

50.55 MS

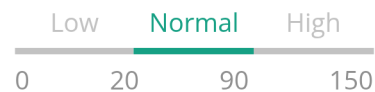


## RMSSD

The root mean square of successive intervals between normal heartbeats (RMSSD). RMSSD is obtained by first calculating each successive time intervals between heartbeats in msec.

Normal

27.17 MS

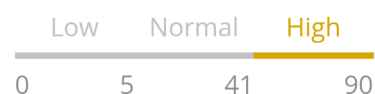


## PNN50

PNN50 is the proportion of adjacent N-N intervals differing by more than 50 msec. pNN50 lower than 3% is considered indicative of high risk

High

42.11 %

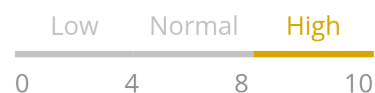


## Cardiac Output

The amount of blood heart pumps through the circulatory system in a minute. Cardiac output in humans is generally 4-8 L/min in an at-rest.

High

8.46 L/M

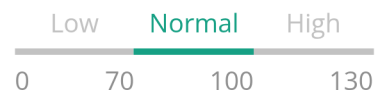


## Mean Arterial Pressure

MAP is the average arterial pressure throughout one heart cycle. MAP anything between 70 and 100 mmHg is considered to be normal.

Normal

94 mmHg

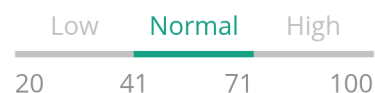


## Heart Utilised

Heart utilization is the percentage of overall heart usage to its maximum peak heart rate. Generally less than 50% utilization at rest and 51-85% utilization at moderate intensity is considered as normal.

Normal

50 %



Heart rate  
max

**190** BPM

Heart rate  
reserve

**96** BPM

Target HR  
rate

**152 -  
190** BPM

VO2 Max

**71.85** ml/kg/min

## Stress Level



### Stress Index

Stress is the reaction to everyday pressure due to emotional or physical tension. Stress Index  $< 1.5$  is considered to be normal

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NORMAL

**1.4** Stress Index

Your Stress Level is  
Normal

## Fitness Levels



### Cardiovascular Endurance

Cardiovascular endurance is the ability of the heart and lungs to sustain prolonged physical activity, crucial for overall health, athletic performance, and reducing fatigue.

Poor

Time Elapsed: **18** sec

Poor Fair Good Great



### Muscular Endurance

Muscular endurance is the ability of muscles to perform repeated contractions over time, crucial for daily activities, athletic performance, and injury prevention.

Fair

Reps: **25**

Poor Fair Good Great



### Flexibility

Flexibility is the ability of muscles and joints to move through their full range of motion, enhancing daily activities, athletic performance, and reducing injury risk.

Flexibility  
Level:

Good

Poor Normal Good Great

## Posture



### Front Posture

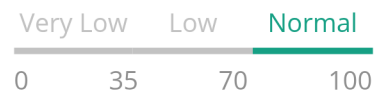
- Head slightly tilted, indicating neck strain.
- Shoulders uneven, suggesting muscle imbalance.
- Hips aligned, showing balanced weight distribution.
- Feet close together, affecting stability.

#### Recommendation

- Practice neck stretches to reduce strain.
- Strengthen shoulder muscles for better alignment.

Normal

**75** Your Score



### Side Posture

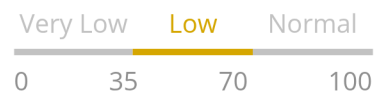
- Head protrudes forward, causing neck tension.
- Shoulders rounded, indicating poor posture habits.
- Spine slightly curved, affecting back health.
- Hips slightly forward, impacting balance.

#### Recommendation

- Engage in exercises to strengthen back muscles.
- Focus on maintaining a neutral spine position.

Low

**70** Your Score



## Body Composition



### Body Weight Distribution

- **Lean Mass** : 62.239 Kg  
Mass of muscle, bone, organs, and water in your body, measured in pounds or kilograms.
- **Fat Mass** : 19.761 Kg  
Adipose tissue in your body, measured in pounds or kilograms.

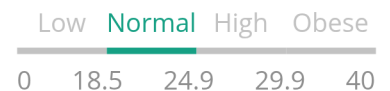


### BMI

BMI is the measure of body fat based on height and weight. The normal range of BMI is 18.5 - 24.9 kg/m<sup>2</sup>.

Normal

**24.755** kg/m<sup>2</sup>

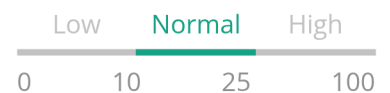


### Body Fat Percentage

The percentage of your total body weight that is made up of fat mass. It is strongly correlated with obesity-related and cardiovascular health risks. Body fat percentage reference ranges are age and gender specific.

Normal

**24.099** %







## A/G Ratio

Linked to an increased risk of metabolic syndrome and obesity-related health risks

### Android Fat Percentage:

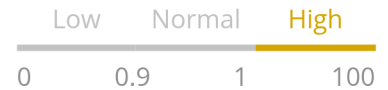
Concentrated in the abdomen and waist, is linked to visceral fat.

### Gynoid Fat Percentage:

Concentrated in the hips, thighs, and buttocks, creates a 'pear shape' common in women.

High

1.653

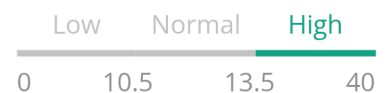


## Lean Mass Index

Measure of muscularity based on lean mass and height and is correlated with both fitness and health outcomes. A higher LMI indicates more muscularity.

High

18.79 kg/m<sup>2</sup>



## Fat Mass Index

Measure of excess fat, not including lean mass. Unlike BMI, FMI provides a gender-specific measure of fat that is not confounded by lean mass.

Normal

5.966 kg/m<sup>2</sup>

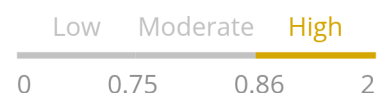


## Waist-Hip Ratio

It is a measurement that compares the circumference of the waist to that of the hips. Important indicator of health in assessing the risk of cardiovascular diseases and metabolic disorders.

High

0.907



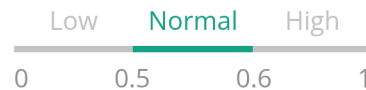


### Waist-Height Ratio

It is a measurement that compares the circumference of the waist to the height of an individual. It is a useful indicator of central obesity and related health risks.

Normal

0.538

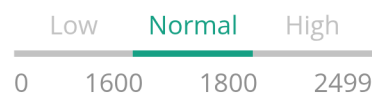


### Metabolic Rate

It is the rate at which the body burns calories to maintain vital functions and perform activities, encompassing all processes like breathing, circulation, cell production, and digestion.

Normal

1714.36 kCal



### Metabolic Age

Metabolic age indicates how your body functions compared to your actual age, based on factors like metabolism, muscle mass, and fitness levels. A younger metabolic age suggests better overall health and fitness.

Normal

53 Actual age: 53



## Recommendation Plan

We have created a personalized plan based on your Assessment performance.

### ○ Phase 1

#### **Stamina Foundations**

**Week 1-2:** Begin with light stamina-building activities (walking, light cardio).

**Week 3-4:** Gradually increase the duration of stamina-focused routines, with minor posture exercises.

### ○ Phase 2

#### **Stamina Progression**

**Week 5-6:** Increase intensity and frequency of stamina workouts. Maintain minor strength and flexibility work.

**Week 7-8:** Continue building stamina, with light posture-focused routines.

### ○ Phase 3

#### **Stamina Endurance**

**Week 9-10:** Focus on longer stamina routines, incorporating minor strength and posture exercises.

**Week 11-12:** Maintain stamina focus, incorporating flexibility work to avoid stiffness.

### ○ Phase 4

#### **Stamina Optimization**

**Week 13-16:** Intensify stamina workouts, with minor attention to posture and flexibility.

**Week 17-24:** Continue maximizing stamina with light maintenance of strength, flexibility, and posture.

## Disclaimer

This assessment is only indicative and not necessarily a direct representation of your risk. This report is not diagnostic. If you have any concerns, then please seek guidance from a medical professional who may conduct a physical examination and conduct further diagnostic test as required.

### Contact Us

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