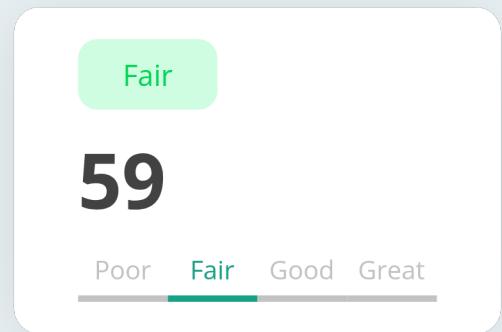


## Allycare Assessment Report

**Name : PRASANTH****Gender : MALE****Date of assessment : Tue Jun 17 2025****Age : 53**

### **Health Score**

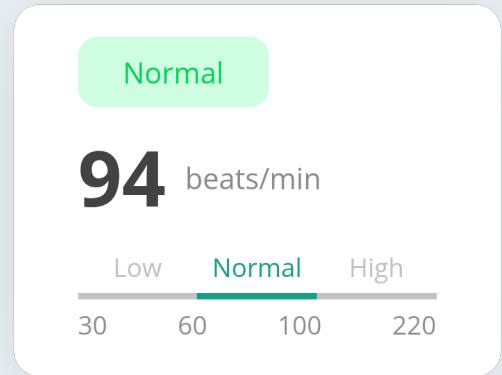
This score is based on the assessments you've completed. Offering a clear snapshot of your current health and fitness. Use it to track progress and target areas for improvement



### **Key Body Vitals**

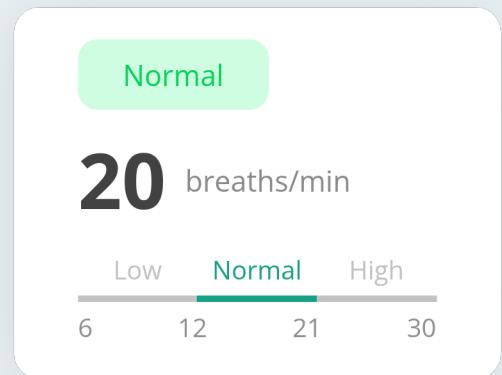
### **Heart Rate**

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.



### **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.





## 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** %

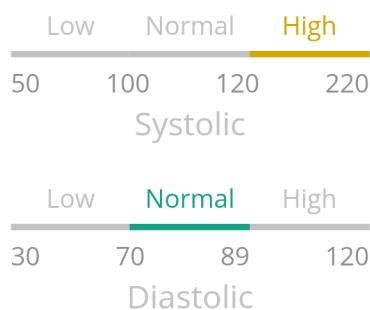


## Blood Pressure

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

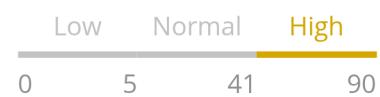


## PNN50

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

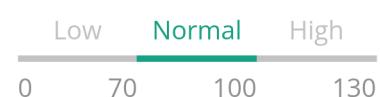


## Mean Arterial Pressure

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

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

Fair

Reps: **25**

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.



### 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.

Normal

**75** Your Score

Very Low    Low    Normal  
0    35    70    100

### Recommendation

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

### 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.

Low

**70** Your Score

Very Low    Low    Normal  
0    35    70    100

### Recommendation

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

## 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>

Low **Normal** High Obese  
0 18.5 24.9 29.9 40



### 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** %

Low **Normal** High  
0 10 25 100



## 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**

Low

Normal

High

0 0.9 1 100

## 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>

Low

Normal

High

0 10.5 13.5 40

## 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>

Low

Normal

High

0 5 9 40

## 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**

Low

Moderate

High

0 0.75 0.86 2

## **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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