

MANAGE YOUR
LIFESTYLE, STRESS &
SLEEP FOR
OPTIMAL HEALTH.



LIFESTYLE ASSESSMENT

Firstbeat Life unique 24/7 HRV measurement provides you with objective data that helps recognize the lifestyle factors that influence well-being during work, leisure and sleep.

In your coaching sessions we take control & restore balance between activity and rest. By understanding how your choices are impacting your health and recovery.

FIRSTBEAT LIFESTYLE ASSESSMENT



SLEEP & RECOVERY

Measure your sleep quality & duration & how that affects the following day.



MOVMENT

Make a fitness walk & estimate your Vo2Max



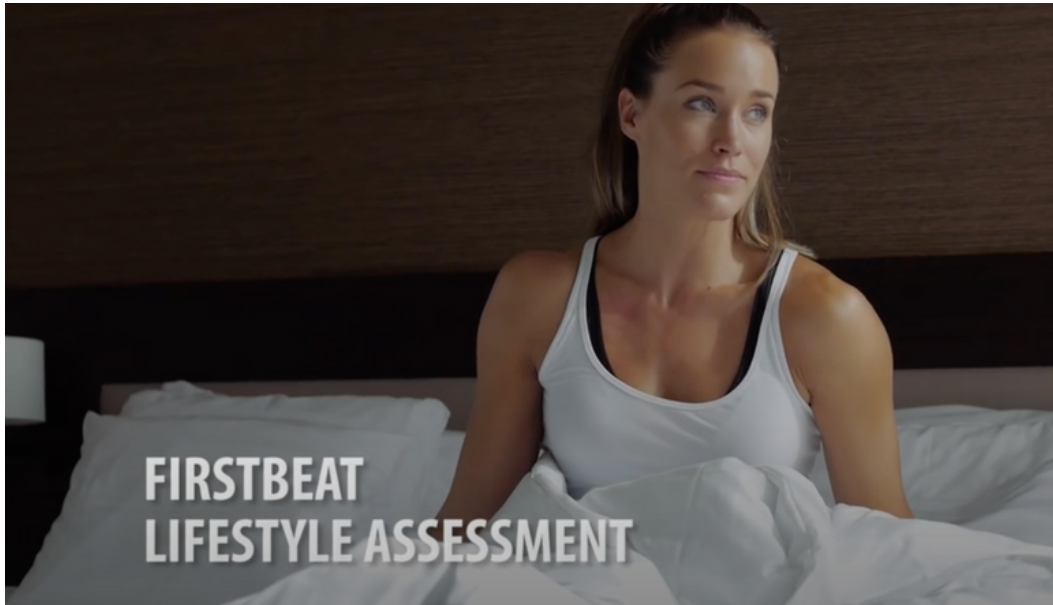
WORK

Are your daily tempo effecting your recovery. Are you taing enough pauses during your work day?



PLAY

How does play, creativity and time in nature effect your overall health?



VIDEO: HOW TO GET STARTED.

A video introduction to
Firstbeat Lifestyle
Assessment & guidelines to
get started.



1 MONTH TRACKING

Track unlimited for 1 month &
schedule two 45 min session to
learn, implement & optimize.

3900 kr

3 MONTH + OWN YOUR DEVICE.

Track unlimited for 3 months –
keep your device & schedule two
45 min sessions to learn,
implement & optimize

4500 kr

BOOK YOUR FB

THE ASSESSMENTS STEPS



1 YOUR DEVICE

- Download the FB LifeApp
- Order your device from theApp
- Pair the device with your app



2 MEASURING

- Logg your lifestyle in the app
- Do your fitness walk
- Measure for 3–5 days, end the measurement in the app.



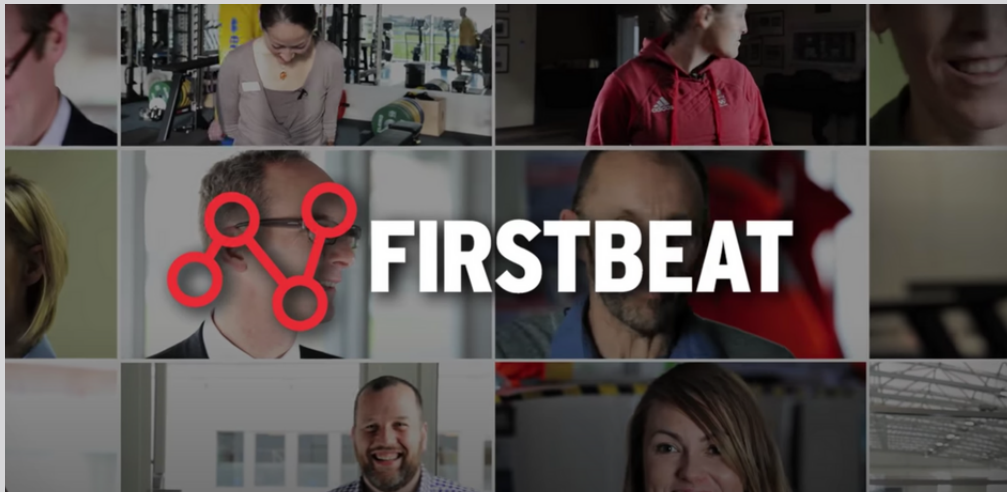
3 ANALYZING

- Book your 45 min session to learn from your results.
- Take 1–2 take aways and implement in your next measurement.



4 OPTIMIZE

- Keep measuring & learn from your body what it prefers.
- Book your 2nd session to optimize your lifestyle & results.
- Unpair the device before you return it – unless you have bought device.



VIDEO: The heart of life.

Why Firstbeat – what can this measurement offer you and you loved ones?



Stress
in 60 seconds

QUICK VIDEO GUIDE

By FB presenting the connection between, stress, our nervous system and our health.