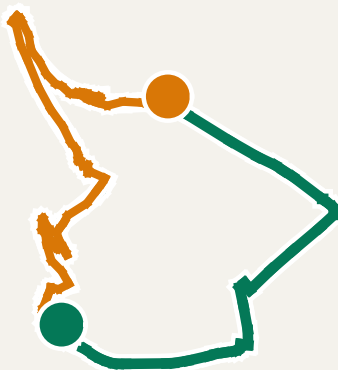


## Walk report

Walk on 2026-09-05 · Route II-a

A demonstration walk. This is an example, not anyone's real measurements: the guest is invented and the numbers were made up on purpose. The page is built by the same code as a real reading — change the portal and it changes too.



Green is the route; gold is the way you actually walked.

|               |              |                                   |              |
|---------------|--------------|-----------------------------------|--------------|
| Moving time   | <b>15:30</b> | Distance, km                      | <b>1.24</b>  |
| Pace          | <b>12:30</b> | Average pulse                     | <b>111.3</b> |
| Maximum pulse | <b>121</b>   | Inside the pulse corridor 104–119 | <b>83 %</b>  |
| Ascent, m     | <b>66</b>    | Calories                          | <b>77</b>    |

## What this means

Your pulse stayed inside your corridor 104–119 for 83 % of the time. That is exactly the load spa trails were invented for: the heart works and the evening still has strength in it.

An average pace of 12:30 min/km — the calm walk of a healthy person.

66 m of ascent. A climb is the most honest load in town: the pulse rises faster there than on the flat.

## What these numbers do not know

- **One walk is not enough.**  
It shows how you walked today, but not the direction: whether your endurance is rising or falling shows only over a run of days.
- **There is no night here.**  
Sleep, night-time heart-rate variability and resting pulse are measured while you sleep — and they are what shows whether you recovered or stored up fatigue.
- **Nothing to compare with.**  
«83 % of the time in the corridor» — is that a lot or a little? The answer appears when yesterday and the day before are standing next to it.

## What the LONGEVITY programme adds

- A watch for the whole stay and scales in the room: every night and every day measured in full.
- «Report for today» — the same reading, but every morning and against yesterday.
- The doctor sees your night before the treatments begin and corrects the day around it: where to ease off, which spring to drink, which route to walk and inside which pulse corridor.

- Fitness age and a comparison with your own arrival day — progress in numbers instead of guesswork.

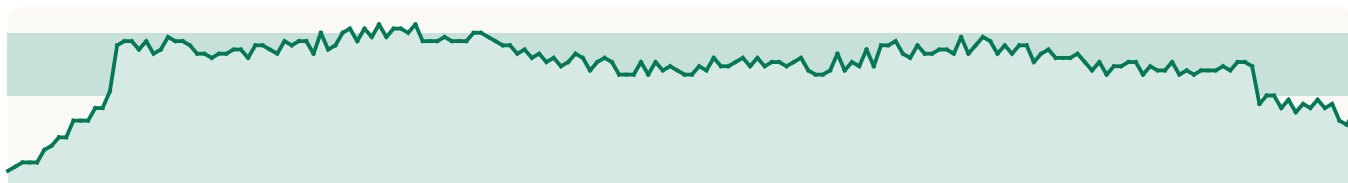
## What the watch measured during this walk

The same measurements as in the health sections, taken over the walk's window.

|                             |                    |                      |             |
|-----------------------------|--------------------|----------------------|-------------|
| inside the corridor 104–119 | <b>83 %</b>        | below the corridor   | <b>14 %</b> |
| above the corridor          | <b>3 %</b>         | Steps in this window | <b>1810</b> |
| Floors, up / down           | <b>22.3 / 13.5</b> | Spent on the walk    | <b>13</b>   |

### Pulse on the walk

111.3 on average · 86–121



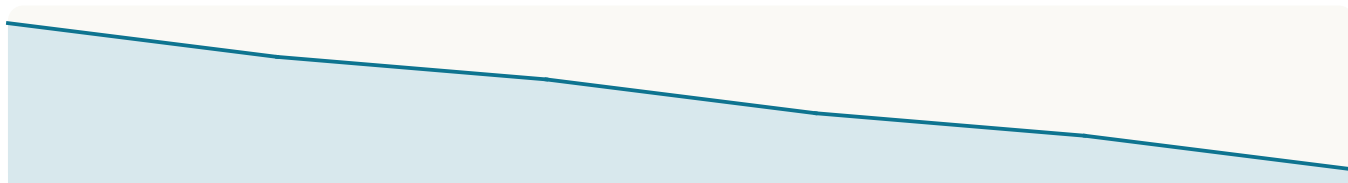
### Stress

43.5 on average · 24–57



### Body Battery

71.5 on average · 65–78



### Respiration, breaths/min

18.1 on average · 15.7–20.1

