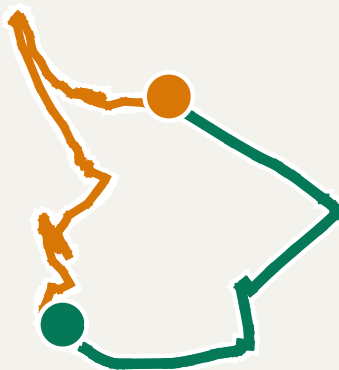


Walk report

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	15:30	Distance, km	1.24
Pace	12:30	Average pulse	111.3
Maximum pulse	121	Inside the pulse corridor 104–119	83 %
Ascent, m	66	Calories	77

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.

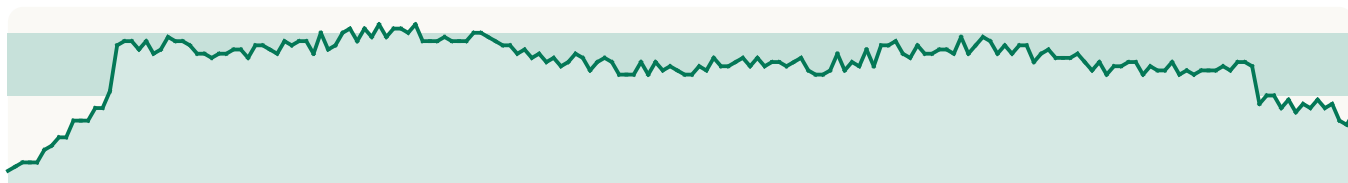
What the watch measured during this walk

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

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

Pulse on the walk

111.3 on average · 86–121



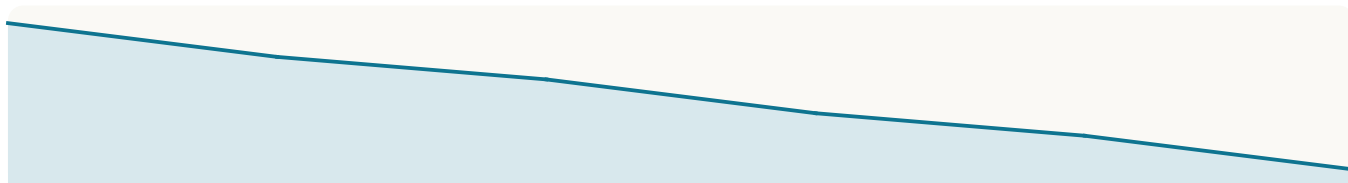
Stress

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

