# Calendar invite: Invitation to kick-off meeting

Email subject: Invitation to the Firstbeat Lifestyle Assessment kick-off meeting

**Firstbeat** is the leading provider of physiological analytics for sports and well-being. We transform heartbeat data into personalized information on stress, recovery, and exercise. Hundreds of elite sports teams, wellness professionals, and millions of consumers worldwide trust Firstbeat to help them reach their health and performance potential.

**The Firstbeat Lifestyle Assessment** is a 3-day Heart Rate Variability measurement that easily and accurately tells you how you’re really doing as you go about your normal routine.

The Lifestyle Assessment shows personalised data about the stressors in your life, as well as revealing what helps you recover, so you can find the right balance in your daily life. It also highlights the right intensity, and type of, exercise for you so you can achieve the desired health benefits. You’ll also learn what your fitness level is and how to improve or maintain it.

**See the effects of your choices**

Get in the swing of things by playing our [Lifestyle Assessment game](http://hyvinvointianalyysi-peli.firstbeat.com/?lang=fi)!

**Order your Lifestyle Assessment**

You will shortly receive an email titled ” Welcome to Firstbeat Lifestyle Assessment” from [service@firstbeat.](mailto:service@firstbeat.fi)com. Follow the link in the email to order your device direct to your home address. Give your daily life the boost it deserves!