

How to Work a Fitness Tracker

What does it measure¹?

Heart Rate: How many beats per minute your heart completes

- Allows you to monitor your true exercise intensity, regardless of hydration or sleep status

Resting Heart Rate (RHR)²:

- GOOD = 60-100bpm
- The lower the better

Training Heart Rate¹ (THR):

- Exercise intensity based on number of heart beats per minute
- Start at the lower end of the zone if you are a beginner, increase as you build experience

Sleep³:

- **Quality:** How many times you get up during the night due to environmental factors (barking dogs or crying babies)
- **Quantity:** How many hours you get per night due to biological factors (Insomnia, sleep apnea, stress levels)
- Proper quality and quantity of sleep allows for optimal recovery, which is important as we age and compete in events



Don't have a Fitness Tracker?

Phone Apps

- There are many free phone apps that will track your heart rate by the touch of your finger
- Place your finger on your phone to determine heart rate in between sets

Manually

- Start a workout, once you begin to feel your heart rate rise, place your finger on your wrist
- Count the number of beats within 10 seconds and multiple that by 6
- Once you have your heart rate determined, monitor your heart rate level between sets



FAST FACT

How to determine YOUR Training Heart Rate³:

$$\text{Max HR} = 220 - \text{age}$$

Intensity Zones:

Moderate Intensity = 50-70% of HRmax

Vigorous Intensity = 70-85% of HRmax

Example Program:

FITT for 44 year old female:

HRmax: 176 bpm

F - 2 days per week

I - 50-60% HRmax (88 - 105 bpm)

T - 30 minutes

T - Lower body specific (Squats, Lunges, Hip thrust)

References:

1. Publishing HH. How to choose and use a heart rate monitor. Harvard Health. <https://www.health.harvard.edu/heart-health/how-to-choose-and-use-a-heart-rate-monitor->.
2. Target Heart Rates Chart. www.heart.org. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>.
3. Team Band S. 3 Reasons to Track Sleep on Your Smart Watch or Fitness Tracker. Health Essentials from Cleveland Clinic. <https://health.clevelandclinic.org/3-reasons-to-track-your-sleep-on-an-app-or-wearable-device/>. Published August 26, 2020.