

Weight Management with a Heart Rate Monitor

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WWW.**STRESS**then**REST**.com

Why are you here?

Attendee Survey

- How many own a Heart Rate Monitor?
- How many use your HRM?
- How many have lost weight using a HRM?

Agenda

- Measurement Methods
- Heart Rate Monitor
- Polar Weight Management Features
- Polar Weight Management Models
- Other Important Features
- Polar S-Series (Sports) Models
- Heart Rate Data Analysis
- Questions & Answers

Measurement Methods

<u>Measurement</u>	<u>Method</u>
Weight	Scale
Body Mass/Fat Percent	Dunk Tank, Calipers or Electronic Scale
Clothes size	How they fit

Calories In

Calories In	Body Uses	Measurement Methods
Proteins	Important for rebuilding destroyed tissues	Food scale Nutritional labels Books, Tables, Software, etc.
Carbohydrates	Small source of stored energy. Must be replenished daily.	
Fats	Large source of stored energy	

Calories Out

Calories Out	Body Uses	Measurement Methods
Resting	Calories burned to maintain life	Determined using tables or Resting Metabolic Rate (RMR) test
Activity	Calories burned during normal daily activities	Use published tables or
Exercise	Calories burned during exercise	Use a Heart Rate Monitor with Calorie tracking

Metabolic Rate = Resting + Activity + Exercise

HRM Components

Components	Description
Chest Belt	Elastic adjustable strap that holds the heart rate transmitter to your chest
Transmitter	Reads your heart rate via electrodes and sends out a RF (Radio Frequency) signal
Receiver	Receives RF signal from transmitter, processes the data and may store the data

Polar Weight Management Features

- Polar OwnCal®
- Polar OwnCal® Energy Expenditure
- Polar OwnIndex®
- Polar OwnZone (weight)

Polar OwnCal®

- Displays calorie expenditure
- Displays energy expenditure during one exercise session
- Displays energy expenditure (accumulated kilocalories) during several exercise sessions
- Allows daily and weekly exercise goals to be set in terms of calorie expenditure
- Helps in achieving both short term and long term goals

Polar OwnCal® Energy Expenditure

Polar Series	OwnCal calculation	Calculation starts when
M-series	Based on your gender, body weight and exercise heart rate	Exercise intensity reaches 100 bpm
S-series	Based on VO2max, HRmax and exercise heart rate	Exercise intensity reaches 60 % of your maximum heart rate or 90 bpm - whichever is lower
Weight Management	General formulas	You put your transmitter on and start exercising

Polar OwnIndex®

- The result of the Polar Fitness Test, which is a way to test aerobic fitness at rest in just five minutes.
- Factors include gender, age, height, body weight, level of physical activity, heart rate and heart rate variability at rest.
- Levels typically range from 20 to 95 and are comparable to VO2max, the standard of aerobic fitness.
- Most meaningful when following changes in your fitness over a long period of time.

Polar OwnZone (weight)

- Automatic determination of your individual target heart rate zone.
- Feature determines an individual and safe light intensity exercise zone (60-75% HRmax).
- Ideal for weight loss exercise for less fit individuals and for those recovering from sickness or intensive training.
- Determines OwnZone (basic) and OwnZone (weight) heart rate limits for an exercise session in 5 minutes.

Polar Weight Management Models

Feature	F11	F6	F4	Description
OwnCal	Yes	Yes	Yes	Counts the calories and fat that you burn
OwnIndex	Yes	No	No	Determines your fitness level, track your improvements, and provide motivation
OwnZone	Yes	Yes	No	Automatically determines each day's target zone
WearLink	Yes	No	No	Coded transmitter made from a soft, fabric material
Retail	\$159.95	\$109.95	\$89.95	

F11 - <http://www.polarusa.com/products/fseries/f11.asp?cat=consumer>

F6 - <http://www.polarusa.com/products/fseries/f6.asp?cat=consumer>

F4 - <http://www.polarusa.com/products/fseries/f4.asp?cat=consumer>

Polar OwnOptimizer™

- Train and rest in the right balance.
- Indicates your daily recovery level.
- Easy and reliable way to determine whether your training program is optimally developing your performance.
- Results indicated with a scale description of your personal training status.

Downloading HR Data

- Advantages
 - Ability to collect heart rate data
 - Ability to move (download) heart rate data from the receiver (watch) to a personal computer
 - Ability to analyze the heart rate data
- Disadvantages
 - Higher cost of a Heart Rate Monitor with download capabilities
 - Learning how to benefit from downloading

Downloadable HRM users have accurate data that can be used for weight management.

Cycling Features

- Cyclometer: odometer, trip distance, speed, etc.
- Altitude – Elevation gain and loss
- Cadence (Optional) – Pedal RPM
- Power (Optional) - Watts

Distance Features

- Continuous running speed without relying on where satellites are positioned
- Web Demo – called Speed and Distance
- <http://www.polarusa.com/Products/Consumer/S625X.asp>

Polar S- Series (Sports) Models

Feature	S720i	S625X	S610i	Description
OwnIndex	Yes	Yes	Yes	
OwnCal	Yes	Yes	Yes	
OwnOptimizer	No	Yes	No	Indicates daily recovery level
WearLink	No	Yes	No	
Downloadable	Yes	Yes	Yes	Analyze heart rate data on PC
Cycling	Yes	Yes	No	Cycling odometer, cadence, trip, etc
Distance	No	Yes	No	Run/walk distance tracking
Suggested Retail	\$309.99	\$369.95	\$279.99	

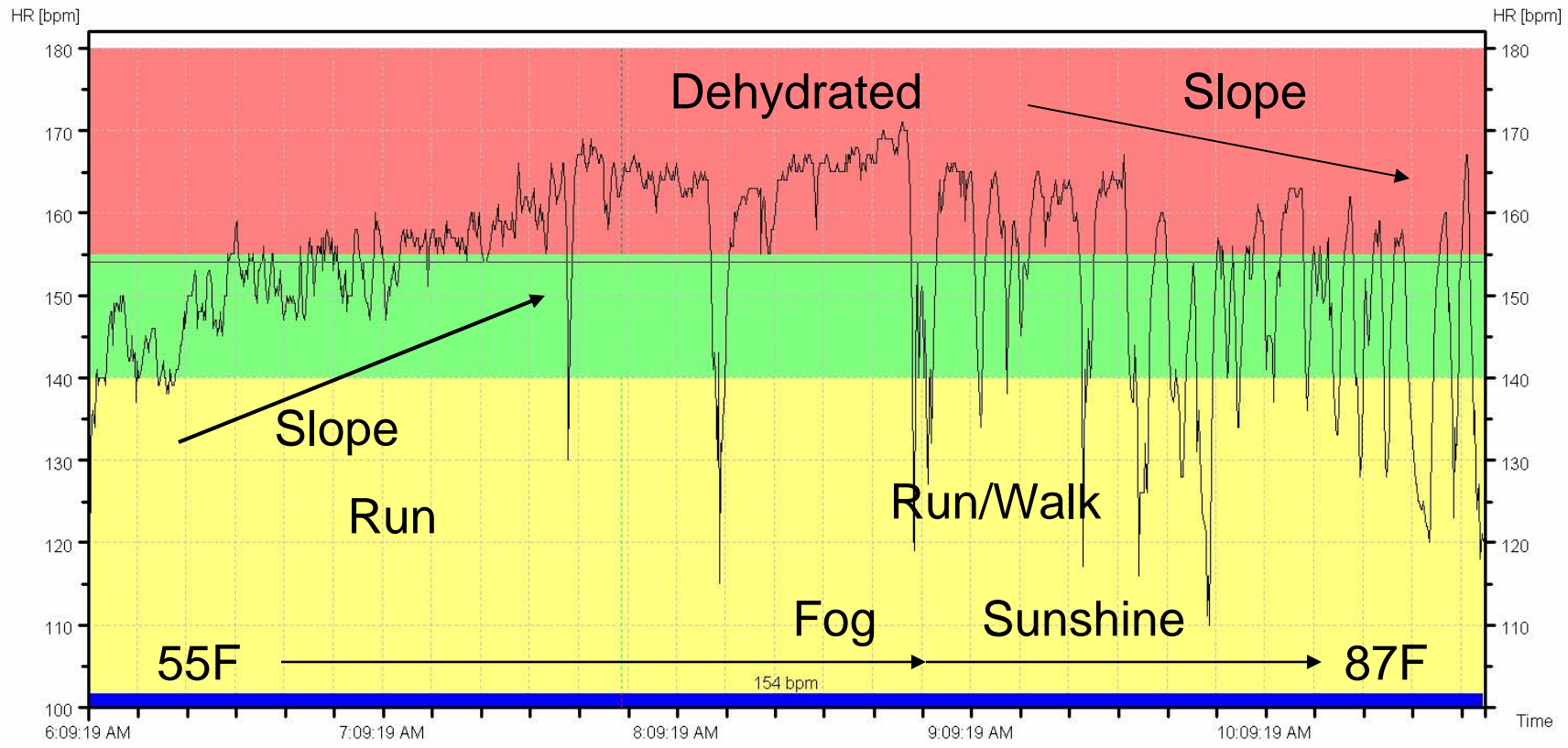
S720i – <http://www.polarusa.com/Products/Consumer/S725.asp>

S625X – <http://www.polarusa.com/Products/Consumer/S625X.asp>

S610i - <http://www.polarusa.com/Products/Consumer/S610.asp>

HR Data Analysis Demo 1

- 2000 Disney World Marathon



Cursor values:
 Time: 7:58:04 AM
 HR: 163 bpm

Person	Eric Lewis	Date	1/9/2000	Heart rate average	154 bpm	Limits 1	140 - 155
Exercise	RU000109	Time	6:09:19 AM	Heart rate max	171 bpm	Limits 2	125 - 140
Sport	Running	Duration	4:44:32.1			Limits 3	140 - 155
Note				Selection	6:09:19 AM - 10:53:49 AM (4:44:30.0)		

HRM Analysis Software - Features

- Chart heart rate data
- Chart target zones
- Overlay heart rate data charts
- Ability to run under your Operating System (Win 95, Win NT, Win 2000, Win XP, etc.)
- Run with your PC Hardware

Summary

- Weight Management with a HRM
 - Calories In vs. Calories Out
 - Measuring Calories Out with a HRM
 - Polar Weight Management Features
 - Polar Weight Management Models
 - Other Important Features
 - Polar S-Series Models
 - Heart Rate Data Analysis

HeartFit

- Visit www.StressThenRest.com for more information regarding:
 - HRM Workshop Dates
 - HRM Articles
 - HRM Book List
 - HRM Internet Links
- Thank you for attending
- Questions & Answers