

# White Paper - Heart Zones Training

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## **Ambient Heart Rate**

Ambient heart rate is a key indicator of both physical and emotional stresses in your daily lives. This is one of the best ways to use the HRM as a “stress monitor”. Your ambient heart rate is measured with your body in a sedentary position but biologically awake.

Recommended Average Ambient Heart Rates:

45-60 Excellent  
61-70 Very Healthy  
70-80 Normal  
80-90 Early indications of stress  
90+ High Stress

Note: No-fit persons with ambient heart rate less 50 should consult a medical expert.

## **Delta Heart Rate**

Also known as the orthostatic test, this measurement shows the difference between your standing and your lying down. A lower number is better. This is an excellent way to determine if you are able to do a hard workout or should take a rest day.

Determining Delta Heart Rate:

- Lie down and remain still for 2 minutes and note the lowest heart rate.
- Slowly stand, note the spike in the heart rate, which gradually drops to a standing heart rate number.
- Remain standing and note your heart every 15 seconds until it levels off. This usually takes 2-3 minutes.
- Take the difference between the two heart rates. The higher the number, the more stressed the body.

5-10	Excellent
10-20	Normal
20-30	Higher than normal
30+	Stress

## **Conclusion**

Safe training programs use the five heart rate zones. Your Triad personal trainer is experienced in safely determining your maximum heart rate and developing a wellness program using the heart rate zones. Monitoring your heart rate is critical and can help you determine if you are healthy, stressed or over-training.