

What is...

Heart Rate Variability

...and why does it matter for *your* health?

Heart Rate Variability (HRV) is a measure of the variation *between* heartbeats. This is controlled by a primitive part of our brain known as the autonomic nervous system which is responsible for helping us shift back and forth between states of "fight or flight" and "resting/digesting". HRV reflects how *in balance* we are between these states and how adaptable our nervous system is.

Why is it important?

- 1 Clear, objective measure of health that encompasses both physical and emotional factors
- 2 Feedback on how your health behavior changes are impacting you
- 3 Making mindful, informed decisions between days to embrace challenge vs. days to rest & nourish



A healthy, *adaptable* nervous system with high HRV = A strong & resilient human *both* physically and mentally!

What influences your HRV?

- Stress
- Sleep Quality
- Nutrition & Hydration
- Exercise
- Breathwork Practices such as Heartmath
- Mindfulness/Meditation Practices
- Thoughts & Emotional State

What does tracking HRV look like?

First, you need a way to track!

- Apple watch, Garmin Vivosmart, Whoop band, Polar cheststraps, Oura ring (among others)

Next, use technology to measure your HRV for 2-5 minutes, ideally within first 30 min of waking. Save your daily measure & track changes over time.