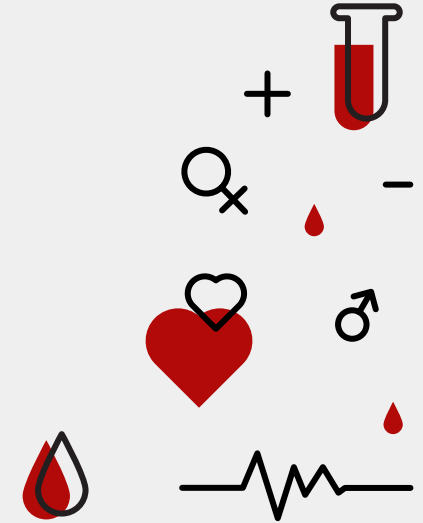
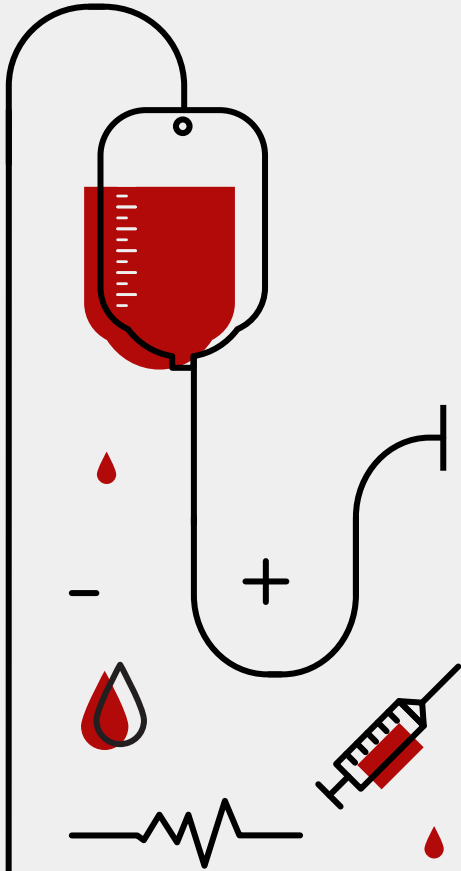


Impact: Physical Activity On Average RHR

By : Tasha Abraham





OVERVIEW

Who am I?

What will I talk about?





RHR DEFINED

“resting heart rate (rHR) [is defined] as the heartbeats per minute (bpm) pumping the lowest amount of blood someone needs when they are in a resting position”

-American Heart Association



PHYSICAL ACTIVITY

★ 10,000 STEPS

○ REPEATABLE

○ MEASURABLE



FITBIT CHARGE 2



★ ACCURATE

“WD-rHR [RHR data from Fitbit Charge 2] is not only as accurate as a multi-dimensional assessment tool developed for evaluating thyrotoxic status, but also easier to measure compared with other assessment tools or conventional methods of measuring rHR” (Lee et al., 2018).

★ EASY TO USE

The slide features a solid red background with several white snowflake icons scattered across the top and sides. The word "CHALLENGES" is centered at the top in a large, bold, white sans-serif font.

CHALLENGES

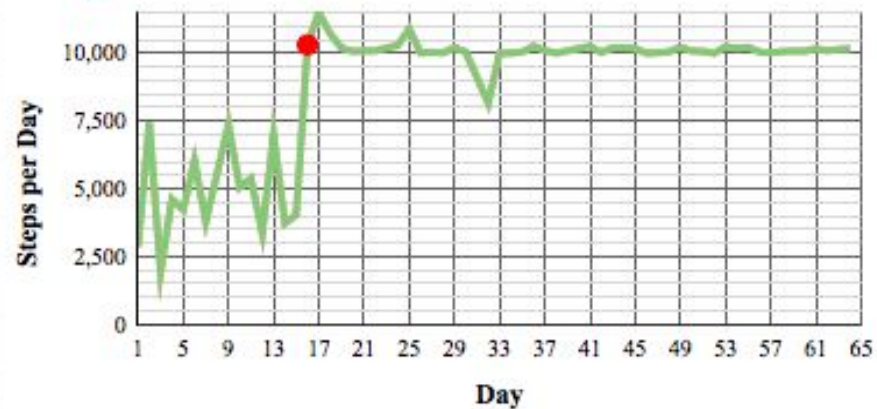
- ★ 1 HOUR AND 40 MINUTES
- ★ DISTANCE TO FITNESS CENTER
- ★ WINTER
- ★ DORM: APPEARANCE OF INSANITY



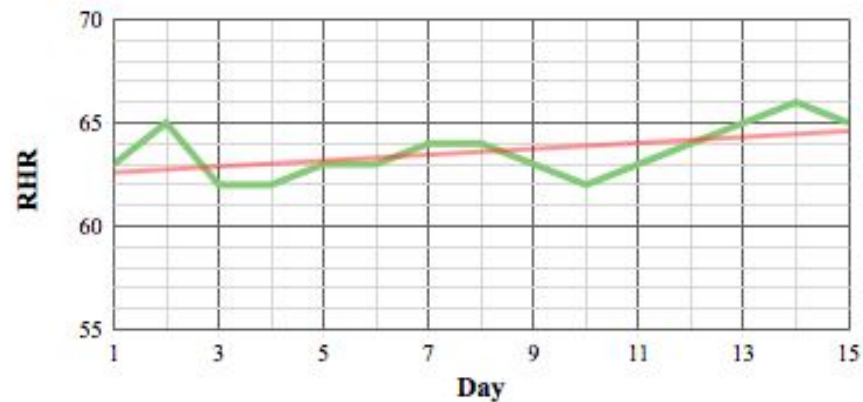
| | |
|-----------------------------|--------|
| Average Baseline Steps: | 4,828 |
| Averages Baseline RHR: | 63.6 |
| | |
| Average Intervention Steps: | 10,138 |
| Averages Intervention RHR: | 61.82 |
| | |
| Decrease in Average RHR: | 1.78 |

THE RESULTS

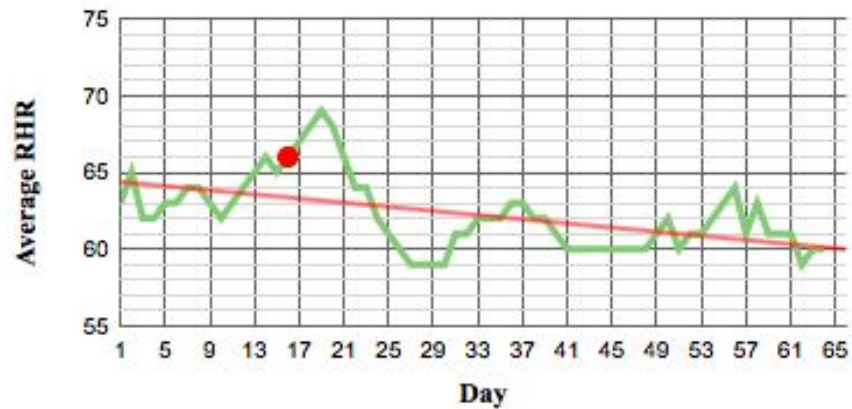
Graph 1



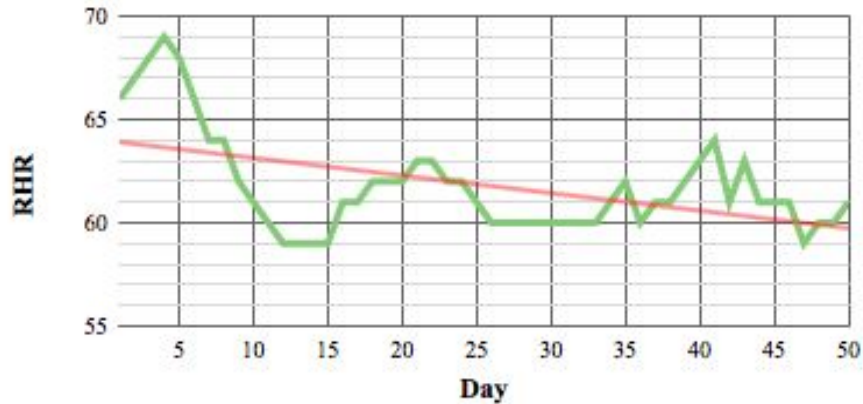
Graph 3 - Baseline Phase



Graph 2



Graph 4 - Intervention Phase



WHY DOES IT MATTER?

“high resting heart rate was linked with lower physical fitness and higher blood pressure, body weight, and levels of circulating blood fats. The researchers also discovered that the higher a person’s resting heart rate, the greater the risk of premature death. Specifically, an RHR between 81 and 90 doubled the chance of death, while an RHR higher than 90 tripled it” (Solan, 2020).

FUTURE STUDIES

- ★ MORE PARTICIPANTS -> GENERALIZABILITY
- ★ LONGER TIMEFRAME
- ★ ABAB STRUCTURE

REFERENCES

- Lee, J.-E., Lee, D. H., Oh, T. J., Kim, K. M., Choi, S. H., Lim, S., ... Moon, J. H. (2018). Clinical Feasibility of Monitoring Resting Heart Rate Using a Wearable Activity Tracker in Patients With Thyrotoxicosis: Prospective Longitudinal Observational Study. *JMIR MHealth and UHealth*, 6(7). <https://doi.org/10.2196/mhealth.9884>
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- Solan, M. (2020, September 16). *Your resting heart rate can reflect your current - and future - health*. Harvard Health. <https://www.health.harvard.edu/blog/resting-heart-rate-can-reflect-current-future-health-201606179806>.