

# FOR IMMEDIATE RELEASE

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Heart Zones  
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**Title:**

[High School Healthy Hearts  
in the Zone](#)

Deve Swaim and Sally  
Edwards

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2002

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## Two New Books on Using Heart Rate Monitors In the Schools, Companies, and Organizations

CHAMPAIGN, IL-Veteran physical educators Deve Swaim and Sally Edwards introduced middle school teachers to heart rate monitors in [Middle School Healthy Hearts in the Zone](#) (published in 2002). Their latest book focuses on the unique needs of high school and college teachers and is designed to make it easy

for you to use this technology in a high school or organizations curriculum. The book is a beefy and in-depth book with 328-pages of text, workouts, charts, and diagrams. [High School Healthy Hearts in the Zone](#) reaches beyond just the school curriculum as it shows the way to get healthy using the most important muscle in the body, the heart muscle.

How is [High School Healthy Hearts in the Zone](#) different from [Middle School Healthy Hearts in the Zone](#)? The book provides additional worksheets and workouts for high school students, expanded coverage of the health benefits of heart fitness, in-depth technical information on heart rate monitors, and guidelines for using the technology in sports.

**Learn how to**

- \* easily use heart rate monitors-even for all levels of experience,
- \* incorporate heart rate monitor technology into your high school, college, or organization's wellness curricula,
- \* facilitate experiential learning that helps students see and feel how heart health fitness fits into the curriculum,
- \* add variety to your teaching to keep students interested, and
- \* provide teachers and students with assessments tools to meet the schools framework requirements or the organizations fitness standards.

[High School Healthy Hearts in the Zone](#) explains the rationale behind using heart rate monitors and heart zones training in high school and wellness curricula. It provides 46 lesson plans that emphasize self-

directed learning, goal setting, and self-motivation. It also presents 72 pullout, reproducible student worksheets and pullout log and journal pages.

Whether you're new to heart rate monitor technology or you're already using this essential tool for health and fitness, you need [\*High School Healthy Hearts in the Zone\*](#) –after all, what is more important than your heart's health.

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### **About the Two Authors**

**Deve Swaim** has worked with heart rate monitors since 1991 and taught health and physical education at the middle school, high school, and college levels since 1972. She has spoken of educational uses for heart rate monitors in presentations throughout the United States and in Australia.

Swaim is an instructor in the graduate teacher education program at Portland State University at Portland, Oregon. In 2001, she was elected the northwest representative to the board of governors of the American Alliance for Health, Physical Education, Recreation and Dance. In 1997, she was awarded Honorary Life Member of the Oregon Alliance for Health, Physical Education, Recreation and Dance. She also has served as a member of the Oregon Governor's Council on Physical Fitness and Sport and was a founding member of the board of directors of the Oregon Health Promotion Foundation.

Swaim earned her master's degree in health and physical education from the University of Oregon in 1975.

**Sally Edwards** is a long-time physical educator and the creator of the heart zones training system introduced in this book. She is the author of eighteen books, five on heart zones training, including the best-selling [\*The Heart Rate Monitor Guidebook\*](#). Edwards, a professional athlete, is a 16-time Ironman Triathlon finisher, former Master's world-record holder, and a member of the Triathlon Hall of Fame. In 1984, Edwards was an Olympic trials marathon qualifier. She is a former trustee and officer of the Women's Sports Foundation and founder of USA Triathlon, the governing body of triathlon. For the past 14 years, Edwards has served as the national spokesperson for the Danskin Women's Triathlon finishing every race as the volunteer “final finisher”. Seven years ago, she founded the Heart Zones, a Sacramento-based training and education company that sponsors seminars, workshops,

conferences, develops heart rate applications, international licensing, and does on-site training for schools, corporations, and organizations.

Edwards earned her master's degree in exercise physiology from the University of California at Berkeley in 1970 and her MBA from National University in 1986.

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Human Kinetics is the leading publisher in sports and fitness.  
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