ZONING Definitions

U.S. Pat. No. 8092381 Heart Zones, Inc.

Calories Burned: An estimate of the number of kcal expended during exercises or caloric expenditure.

Delta Heart Rate Assessment: The change in heart rate from a supine position to a standing position. An assessment of the body's current condition. Also known as the Orthostatic Test.

FIT Points: The patented Heart Zones formula to determine the amount of exercise or training load during a workout session. This is a key metric expressed as FIT Points = F x I x T

FIT Points = **F**requency (number of workouts) times **I**ntensity the weight of the zone with Blue zone = 1 point/min., Yellow zone = 3 points/min., and Red zone = 5 points/min. times **T**ime in minutes.

100 FIT Point Goal: For every 30 minutes of exercise it is recommended to earn 100 FIT Points. For an hour, the goal is 200 FIT Points.

MVPA: Moderate to **V**igorous Physical Activity. %MVPA is the sum of the time in the Yellow zone plus the Red zone divided by the total exercise time. Goal is above 50% MVPA.

Peak Heart Rate: The top of the Red zone. The highest heart rate individually achievable. Sometimes the same as maximum heart rate.

T2 or High Threshold: The top of the Yellow zone. The high or second threshold hence the name T2.

T1 or Low Threshold: The top of the Blue zone. The low or first threshold hence the name T1.
Recovery Heart Rate: The change in heart rate from the exercise heart rate in beats-per-minute following 60 seconds of active or total rest.

Starting Heart Rate (SHR): The bottom of the Blue zone. The exercise intensity when an individual first realizes aerobic benefit from their effort.

Talk Test: A research-based assessment to accurately set your heart rate zones. See details on how to do a "Can You Speak Comfortably?" Foster Threshold Talk Test

Zone Training: An exercise method developed first by Heart Zones in 1990 based on setting intensity or effort zones using metrics such as heart rate, pace, power, cadence, and other data.

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