



## Comparison Chart of Heart Zones Move Solution versus Competitors

**Do your due diligence, do your own comparison**

Key Features for Physical Education Teachers & Coaches	Heart Zones Move	Competitor 1	Competitor 2	Competitor 3
Heart Rate Zone Individualization: Auto sets Individual heart rate zones (Save the Peak)	✓			
Class Categories and Class Types	✓			
Four sets of bands per class pack	✓			
Inexpensive replacement bands	✓			
5 Different Sensors + Equipment	✓			
Class Summary during and Post Activity	✓			
Continuous Upload of Data	✓			
No Student's Waiting In Line Twice	✓			
Big Board Display	✓			
Memory on Board (Outdoor Mode)	✓			
No Monthly or Annual Fee	✓			
Displayed Data: % MVPA, FIT Points, Kcal	✓			
Open Technology	✓			
Accuracy of the Sensor Data	✓			
On-line physical education solution: ePE	✓			
Sensor Durability	✓			
Recovery Heart Rate	✓			
Ease of Use	✓			
Web Portal and Reporting	✓			

## Feature Descriptions of Heart Zones Move Solution

- Heart Rate Zone Individualization - Auto sets individual heart rate zones using “Save the Peak” for hands-free setting individual zones. Bases heart rate zones on the student’s true ability not a formula
- Class Categories and Class Types - The only PE software with activity categories like cycling, PE, assessments and the only with companion class types. 14 Big Board displays with 4 sided tiles for more fun and data visibility
- Four sets of bands per class pack - Every class pack includes 4 sets of bands so that 4 class can have their own bands and do not have to share
- Inexpensive replacement bands \$2.50-\$3.50
- 5 Different Sensors + Equipment - Heart rate, step & activity tracking, cycling, treadmill and rowing
- Class Summary Report - During and post-session, this display shows the aggregate data of the entire class which includes % MVPA measuring moderate to vigorous physical activity. Use for assessment if goal of lesson accomplished. Allows teachers to set class goals and to assess their lesson plans
- Continuous Upload of Data - The Heart Zones System continuously displays the data - live biofeedback and at the end of the session automatically uploads each student’s activity information. IHT requires students to stand in line to activate the sensor and at the end of class to stand in line to upload their data
- No Student’s Waiting in Line Twice - Takes less than 10 seconds to start a class with 4 taps on the iPad
- Big Board Display - The Heart Zones System includes a group display of live data and the teacher can use the display or not. Live visual display for encouragement and motivation
- Memory on Board (Outdoor Mode) - Stores all data when away from the Bridge or stores the average data
- No Monthly or Annual Fee - No Monthly or Annual Fee for the use of the application nor the web portal
- Displayed Data: % MVPA, FIT Points, Kcal - During the class, shows the overall class averages of key data like %MVPA, average zone, FIT Points, Kcal
- Open Technology - An open system is one that accepts any manufacturers sensor and is not proprietary and only work with one company
- Accuracy of the Sensor Data - The Heart Zones Blink 3 Plus Armband is best of breed. Wrist based/watches tend to be less accurate and more complicated for users due to positioning, need for absolute tightness against the skin and multiple function bottoms
- On-line physical education solution - Ability to do workouts remote and upload to the cloud portal
- Sensor Durability - Durability of the overall sensor including buttons
- Recovery Heart Rate - The first app to measure both the rate and the absolute recovery heart rate
- Ease of Use - Takes less than 10 seconds to start a class
- Web Portal and Reporting - Web portal that stores data and gives teachers the ability to run date range reports. Polar does require two different portals for group and online students