

ASSESSMENT INSTRUCTIONS: THE 7 Healthy Hearts Assessments®

#	Name of Assessment	INSTRUCTIONS
(1)	<p>Ambient Heart Rate: Goal: Understand how to assess heart rate when sitting still to identify internal and external load.</p>	<ul style="list-style-type: none"> • Ask all participants sit quietly without moving • Every 1 minute record on the worksheet their heart rate beats-per minute. • After 5 recordings ball-park average the numbers • Score: Lower number of bpm is better than high heart rate.
(2)	<p>Delta Heart Rate: Goal: Understand the cardiac stress in bpm from sitting or lying down to standing as demand on the heart increases</p>	<ul style="list-style-type: none"> • Sit or lie down after 2 minutes record your heart rate. • Stand up and after 2 minutes record your heart rate. • Subtract the heart rate number lying down from standing up to score the delta or difference between the two. Score using the worksheet titled "7 Health Heart Assessments."
(3)	<p>First Threshold (T1): Goal: Understand the physiological shift in exercise intensity at the low or first shift in metabolic accommodation for exercise intensity.</p>	<ul style="list-style-type: none"> • Start at 110 bpm and hold increasing 10 bpm every 2 minutes. • Recite aloud the Pledge of Allegiance after each 2 minute stage. • Answer the question "Can You Speak Comfortably" with one of 3 answers: <input type="checkbox"/> Yes <input type="checkbox"/> Maybe : <input type="checkbox"/> No • Score the results from the worksheet titled "7 Healthy Heart Assessments".
(4)	<p>Second Threshold (T2): Goal: Understand the physiological shift in exercise intensity at the high or second shift in metabolic accommodation for exercise intensity.</p>	<ul style="list-style-type: none"> • Continue as in Assessment #3. • When the participant circles "No" I can not speak comfortably stop the test. • The second or high threshold called T2 is that heart rate number when speaking is no longer comfortable.
(5)	<p>Absolute Recovery Heart Rate # Goal: Understand how to drop heart rate as quickly as possibly by employing relaxation techniques.</p>	<ul style="list-style-type: none"> • Hold for 2 minutes the participant's T2 heart rate number. • Slow effort to a minimum. This is called active recovery. • After 1-minute measure the number of bpm that the heart rate decreased. • Score using the worksheet titled "7 Health Heart Assessments."
(6)	<p>Rate of Recovery Heart Rate (%): Goal: Understand that how quickly the heart rate drops can be measured as a percentage. The higher the percentage the better the rate of recovery heart rte.</p>	<ul style="list-style-type: none"> • Slow effort to a minimum. This is called active recovery. • Record that heart rate number • After 1-minute measure the number of bpm that the heart rate decreased. Record that heart rate number. • Divide the number of beats that heart rate decreased by the heart rate number at T2 for the percentage or rate. • Score using the worksheet titled "7 Health Heart Assessments."
(7)	<p>Peak Heart Rate Assessment: Goal: Understand that every individual has an individual peak or highest heart rate number that they can attain and that heart zones are anchored by this number.</p>	<ul style="list-style-type: none"> • Every 30 seconds increase heart rate by 5 pm. • When the participant can no longer increase their heart rate stop the assessment and write down the highest heart rate number. • Score using the worksheet titled "7 Health Heart Assessments."