

Abnormal Heart Rate Data:

THE 7 Healthy Heart's Assessments®

#	Name of Abnormality	Explanation
(1)	Erratic Heart Rate Numbers or Arrhythmia: <ul style="list-style-type: none"> • Premature Ventricular (PVC) or Atrial Contraction (PAC) • Bradycardia • Atrial Fibrillation (AFib) • Tachycardia 	Premature ventricular contraction , or PVC, is the most common type of irregular heartbeat. A PVC happens when the heart beats too early, which causes a stronger second beat. ... Things like caffeine, alcohol and stress can cause small, temporary arrhythmias like PVCs
		Bradycardia: The heart beats too slow, below 60 bpm. For athletic individuals, a normal resting heart rate can be below 60 bpm, and not cause problems.
		Atrial Fibrillation (AFib): the upper chambers of the heart (the atria) beat irregularly (quiver) instead of beating effectively to move blood into the ventricles.
		Tachycardia: Your heart is beating too fast. For example, a normal heart beats 60 to 100 times per minute in adults. Tachycardia is any resting heart rate over 100 beats per minute (BPM).
(2)	Heart Rate Does Not Increase with Effort:	Could be related to a number of reasons such as certain medicines used by the participant, early incidence of clogged coronary arteries.
(3)	Delta Heart Rate above 30 bpm:	Also known as orthostatic test, the assessment is a measurement of the autonomic nervous systems response to a change in body position. Lower numbers are better than higher numbers because they represent this change in body position as a less stressful activity. A number higher than 20 is cautionary and over 30
(4)	Ambient Heart Rate above 90 bpm or below 50 bpm:	An indicator of health status, the lower the ambient heart rate the better. High values indicate high stress levels.
(5)	HRV, Heart Rate Variability trends downward:	The higher the variation in the beat-to-beat interval, the better one's HRV score. High variability indicates a responses ANS, autonomic nervous system to slight changes in stimuluses.
(6)	Recovery Heart Rate <12 bpm for adults:	Low recovery heart rate is indication of poor cardiovascular fitness because it is the participants inability to respond quickly to replenishment nutrients and oxygen to the working muscles. May represent impaired parasympathetic tone and to be a predictor of all-cause and cardiovascular mortality. <small>Heart-Rate Recovery Immediately after Exercise as a Predictor of Mortality. Christopher R. Cole, M.D., Eugene H. Blackstone, M.D., Fredric J. Pashkow, M.D., Claire E. Snader, M.A., and Michael S. Lauer, M.D. N Engl J Med 1999; 341:1351-1357 October 28, 1999 DOI: 10.1056/NEJM199910283411804</small>