

Ambient heart rate:

- It is the number of beats per minute when you are in a seated position, stationary, relaxed and awake.
- It is a key indicator of both physical and emotional stresses in your daily lives. This is one of the best ways to use the heart rate monitor as a “stress monitor”.
- *Recommended Average Ambient Heart Rates:*
 - 45-60 Exc.
 - 60-70 Very healthy
 - 70-80 Normal
 - 80-90 Early indications of stress
 - 90+ High stress

Delta Heart Rate:

- It is the difference between your standing and your lying down heart rate numbers. A lower number is better.
- *Average Delta Heart Rate Results:*
 - 5-10 Exc.
 - 10-20 Normal
 - 20-30 Higher than normal
 - 30+ Stress