1. **HF**

We already have **PRE** and **POST** values of HF.

**PRE** = HF value before doing an exercise

**POST** = HF value after doing an exercise

Relation between stress and HF - **INVERSELY RELATED**. So if HF value increases that

Means Stress is reduced.

Process-

Find **DIFF = POST - PRE**. So if DIFF is high that means stress is reduced max after that

Particular exercise . Now we find max value of DIFF and assign that exercise as best for

that person.

1. **SDNN (same as HF)**

We already have **PRE** and **POST** values of SDNN.

**PRE** = SDNN value before doing an exercise

**POST** = SDNN value after doing an exercise

Relation between stress and SDNN - **INVERSELY RELATED** . So if SDNN value increases that means Stress is reduced.

Process-

Find **DIFF = POST - PRE**. So if DIFF is high that means stress is reduced max after that

Particular exercise . Now we find max value of DIFF and assign that exercise as best for

that person.

1. **RMSSD(same as HF)**

We already have **PRE** and **POST** values of RMSSD.

**PRE** = RMSSD value before doing an exercise

**POST** = RMSSD value after doing an exercise

Relation between stress and RMSSD- **INVERSELY RELATED**. So if RMSSD value increases that means Stress is reduced.

Process-

Find **DIFF = POST - PRE**. So if DIFF is high that means stress is reduced max after that

Particular exercise . Now we find max value of DIFF and assign that exercise as best for

that person.

1. **Stress Index**

We already have **PRE** and **POST** values of Stress Index.

**PRE** = Stress Indexvalue before doing an exercise

**POST** = Stress Indexvalue after doing an exercise

Relation between stress and SDNN - **DIRECTLY RELATED**. So if Stress Index value increases that means Stress is Increased.

Process-

Find **DIFF = POST - PRE**.

Here again we are doing Post - Pre but we will rather than finding max value of DIFF we

Will find **Least value** of DIFF as if in post value is more that means Stress increased so

we need that case where value of Stress Index increased least or best case went

negative (Stress Reduced)

1. **Blood Pressure**

We already have **PRE** and **POST** values of Blood Pressure.

**PRE** = Blood Pressure value before doing an exercise

**POST** = Blood Pressure value after doing an exercise

Relation between stress and SDNN - **NO DIRECT RELATION AVAILABLE**

Process-

We are taking best case for BP to be 120 ,i.e., if someone’s BP is 120 then he is perfect

And his BP goes below 120 it is bad for him as well as if it goes up from 120 it is bad for

him or we can say his stress will Increase in either case.

So we are considering 3 possibilities -

1. If PRE BP is below 120 and POST BP is below 120

Find **DIFF = POST - PRE**

Example -

#PRE = 90 -> POST = 110

#110-90 = 20 (Positive 20 diff value as BP went close to 120 so stress reduced)

2. If PRE BP is above 120 and POST BP is above 120

Find **DIFF = PRE - POST**

Example -

#PRE = 125 -> POST = 135

#125 - 135 = -10(negative 10 diff value as BP went away form 120 so stress

INCREASED so it will be counted as its value is negative and we will take max

value)

3. Else case to consider remaining possibilities

Find **DIFF = 240 - PRE - POST**

How? - eg. Pre = 90 and Post = 130 so we first take into consideration the

positive effect on stress ,i.e., stress is reduced when value became 120 so we

take ( 120 - 90 = + 30) as positive value. Then it increased its stress when it went

above 120 so we take negative effect (120 - 130 = -10 ) into consideration.

Hence formula DIFF = (120 - PRE) + (120 - POST)

DIFF = 240 - PRE - POST

Here Note one condition inside -

If PRE>120 and POST<120 then (DIFF = DIFF \* -1) we make negative (Its logic

is similar to above one but if just check condition and multiply with -1 does job.)

At the end we find MAX value of DIFF and assign it as best exercise for that person.