



PRESENTATION

10/10/20

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# Objectives

- Add heart rate to corner
- Research what to put in tool tip

# Outcomes

## Heart Rate

I couldn't get the heart rate in the corner so I'll figure it out this week

# Outcomes

## Tool Tip Research

- Predict activity being done
  - Maximum heart rate =  $220 - \text{age}$ 
    - Moderate exercise intensity: 50% to about 70% of your maximum heart rate
    - Vigorous exercise intensity: 70% to about 85% of your maximum heart rate
  - Sleep: 40-50
  - Rest: 60-100
  - Walking: 110-120
- Exercise is the best way to both lower your resting heart rate and increase your maximum heart rate and aerobic capacity

# Next Week

- Annotate R peak → add a little x or o for each R peak
- Add dynamic heart rate