





From the diagrams, we can see that people have a higher mean MaxHR when their RestingBP is between 125-140, then decreasing between 150-170 and again slightly increasing between 170-200. Both plots show about the same result. The contour is definitely easier to read however.

Code:

```
ggplot(heart_tbl, aes(x=MaxHR, y=RestingBP)) + geom_bin2d(bins=100) + scale_fill_continuous(type="viridis")
```

```
ggplot(heart_tbl, aes(x=MaxHR, y=RestingBP)) + geom_point(size=0.1) + geom_density_2d(col="red")
```