



ECG Accurate Pulse® Strapless Heart Rate Monitor Sportswatches



Patented Heart Rate Sensing Technology without the need for a chest strap!



The **Pulse®** Strapless Heart Rate Monitor Sportswatches use a patented heart rate sensing technology designed to measure the electrical signals on your skin in the same manner that an ECG (electrocardiogram) does. While the **Pulse®** watches attach to your wrist like any other watch, it does not measure or sense your pulse at your wrist. It instead uses patented technology, called S-Pulse, to sense your heart rate by measuring your ECG signal.



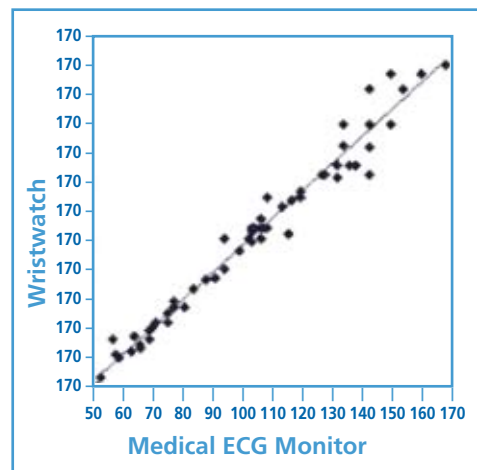
An ECG is a measure of the heart's electrical activity. This electrical activity regulates the contraction of the heart, which means the ECG can determine its exact heart rate and rhythm.

The S-Pulse technology, used by **Pulse®** watches, measures the electronic signals passing through your body that result from the beating of your heart. You may be familiar with the ECG waveform from either personal experience while at the hospital, or from watching popular television medical shows. It is this very same signal that S-Pulse sensing technology measures.



In the **Pulse®** watches, this measurement is obtained by the watch's two metal sensors. The back metal plate of the **Pulse®** watch is actually a primary sensor that can measure these electronic signals off your wrist. The ECG monitoring is done when you place your finger from the opposite hand onto the top sensor of the watch attached to your opposite wrist. This creates an electrical loop across your body that the watch can now read.

S-Pulse technology was evaluated to assess its accuracy and reliability in obtaining heart rates, in an independent study. S-Pulse was found to be a reliable heart rate monitoring method with a proven accuracy level comparable to that of ECG recording used in clinics and hospitals. To read more go to www.smarthealthusa.com.



Source – <http://www.smarthealthusa.com>



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The Importance of Heart Rate in Fitness

Heart rate is an accurate key to determining if we are getting the most from our physical activities, and has become a good indicator of our body's overall health and fitness. Heart rate is the rate of heart contractions over a given time period, usually defined in beats per minute.



How Does Pulse Differ from Heart Rate?

The Heart rate is usually measured by sensing devices such as electrodes that pick up the electrical activity of the heart, which regulates contractions. The pulse rate is commonly measured by lightly touching one's fingers over an artery to count the rate of pulsation.

Your Resting Heart Rate

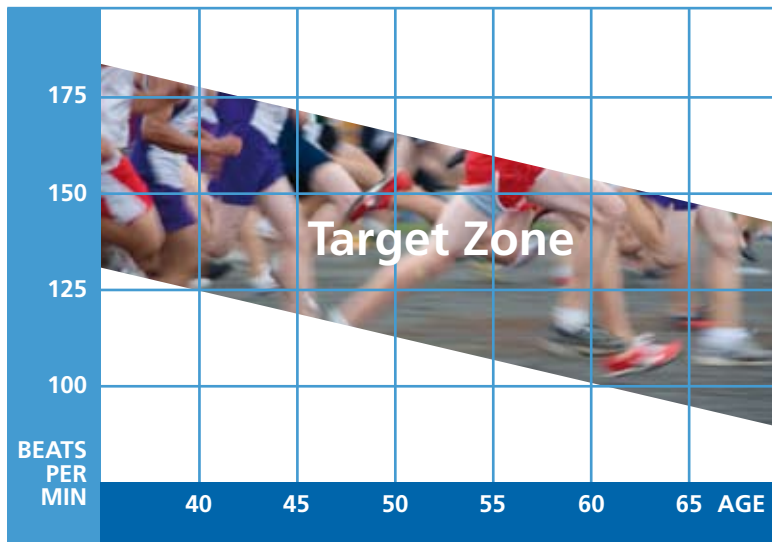
The normal adult resting heart rate typically falls between 60 and 100 beats per minute (bpm). The heart rates of well-trained athletes may fall at the low end of that range, and sometimes even 10-20 beats lower. To see

how your fitness level is progressing over time you should measure and track your resting heart rate on a weekly basis. Do this before starting any physical activity so that you can become familiar with your own resting heart rate. For many, the resting Heart Rate will decline as they become fitter.

The **Pulse®** watches are an essential tool to help accomplish this, as well as for monitoring your Heart Rate during periods of physical activity, and ensuring that you are working in your target heart rate zone.



Source – <http://www.smarthealthusa.com>



To find your personal target zone on the chart above, just look above your age column. For general fitness, and for those interested in weight control, it's advisable to make sure you are spending the majority of your exercise time within your Target Heart Rate Zone.

Knowing your healthy Heart Rate Target Zone will enable you to align your exercise program with your personal fitness goals

Use the **Pulse®** Heart Rate Watches to help stay in your target zone

To be sure you are working in your personal target zone, follow these easy steps:

- Begin your exercise. After 5 minutes, place your finger on the watch sensor and press the sensor continuously for 3-8 seconds. When the beep sounds, your Heart Rate will be displayed. If it is lower than your target zone, increase the speed of your activity. If it is higher than your target zone, slow down your activity.
- We suggest you continue to check your Heart Rate every 5-10 minutes to understand where your Heart Rate is, and to see how it reacts to changes in exercise intensity.