Fit Bit Heart Rate Activity Email Blurbs

Are you using your Fit Bit? Ready to end off 2016 in a spectacular way? Then this activity is for you! Join in and decrease your heart rate. Generally, when you have a lower heart rate, it indicates you have a healthier heart and better cardiovascular fitness. A healthy heart has a resting heart rate between **60-80 beats per minute** (Heart and Stroke Foundation). This activity is going to be for 1 month, and it is to encourage you to use your Fit Bit, continue your exercise habit, and decrease your heart rate. If you don’t have a Fit Bit, you are still able to participate actively in our ***Drop It Low*** activity. In the challenge instructions, it shows how you can check your own pulse.

Week 1:

Welcome to week 1 to the ***Drop It Low*** activity. Have you ever tried meditation? We provide you with two easy techniques you can try at home. There are so many benefits of meditation like a decreased heart rate, improved concentration, and improved blood circulation. Meditation takes practice, but we know you can do it! Remember to record your resting heart rate at the end of the week after you meditate a few times.

Week 2:

Welcome to week 2 to the ***Drop It Low*** activity. How was the meditation? Continue to meditate throughout the month. Today, we are going to introduce the importance of sleep. Ask yourself, how many hours of sleep are you getting? Are you getting enough? Sleep decreases the risk of many health problems such as heart disease and diabetes. Take a look at the attached handout to find out how you can get a good night’s rest. As you improve your sleep and continue to meditate, record your resting heart rate.

Week 3:

How is your ***Drop It Low*** activity going? This week, we will be discussing cardiovascular exercise. There are many supporting studies indicating all the benefits of regular cardiovascular exercise, including a lower resting heart rate. Check out some of the activities you can do to increase your overall health.

Week 4:

This is the last week of the ***Drop It Low*** activity. We will be talking about hydration this week. It is important to stay hydrated throughout the day, especially before, during, and after a workout. You need water for almost every function in the body. After incorporating meditation, better sleep, cardiovascular exercise, and staying hydrated, we hope that your resting heart rate has decreased. Check it at the end of the week and compare that number to your initial heart rate before you started this challenge. Do not forget to continue to take good care of your body. Now you have the skills to continue using your Fit Bit to keep your cardiovascular health tip top!