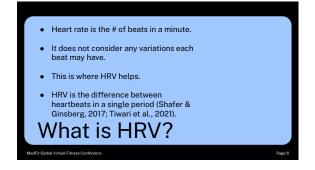


An electrocardiogram (ECG or EKG) is the accurate way (Wong & Figueroa, 2019).

It allows precise measuring of HRV by quantifying the variations in R-R intervals.

HRV is typically measured with either time or frequency domain (Wong & Figueroa, 2019).

Gold Standard in Measuring HRV

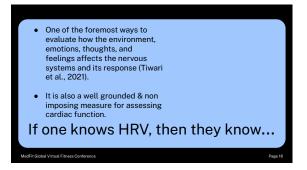


"Our heart rate is not constant or static, there is a dynamic component." Dr. Aditya Bhonsale

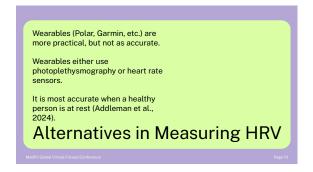
"A healthy heart is not a metronome" (Shaffer & Ginsberg, 2017, p.1).

One in three deaths result from cardiovascular disease (CDC).

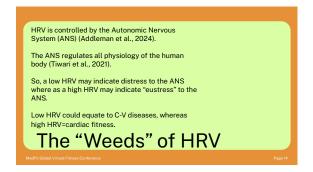
Introduction

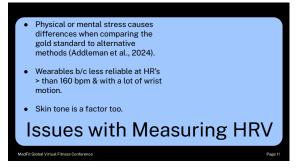


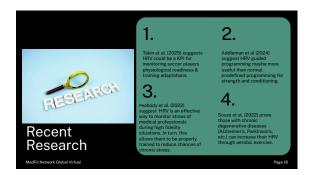




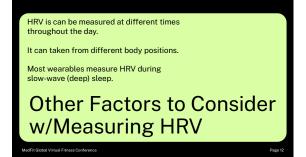




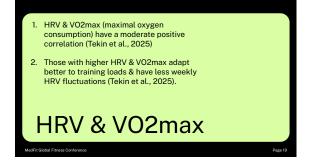












Closing Thoughts:

HRV is useful to assess the stress placed on the ANS

HRV is useful in assessing one's risk for metabolic diseases.

HRV is useful to assist with fitness programming.

MedFit Global Virtual Conference

October 22-26, 2025



Thank you!

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