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• Pelvic Floor Therapy •



What is Heart Rate Variability Monitoring (HRV)?

It's the practice of measuring the amount of time between heart beats, and using that data to determine your current physical state. It turns out that measuring these short time differences can tell you a lot about your current level of recovery from your last workout.

How can (HRV be applied to my training and recovery routine?

Having a higher HRV means your parasympathetic nervous system is functioning well, allowing you to relax and rest. A lower HRV could indicate that your sympathetic nervous system—the “fight or flight” response—is exerting too much control over your body, leading to elevated levels of stress and not enough recovery. A low HRV is commonly seen in over trained athletes. It's also a side effect of some conditions such as PTSD.

Tips to improve (HRV)

- 1.) Train easier, but more often
- 2.) Improve nutrition
- 3.) Improve sleep quality
- 4.) Improve aerobic fitness
- 5.) Relax (stress management)
- 6.) Regular use of NuCalm


**(HRV) monitoring and training is now available in Lakeland/Brandon
Used exclusively with**

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-Ergo News-

**Back pain predic-
tion at work.**

A study demonstrated a sharp increase in the occurrence of low back pain in individuals who demonstrated strength levels below the re- quired pre-determined level required to per- form their position of employment. - Journal of Occupational Medi- cine/Vol. 16 No. 4/ April 1974

 performs on- site and in-office pre- employment screen- ings.

“ You start today to be- come what you will be tomorrow” J.Malinchak

-Research-