

# MEASURE YOUR HRV FIND YOUR BLISS



Go beyond measuring steps and calories. SweetBeat HRV software measures HRV (heart rate variability) and a lot more with the Zoom device. Track your workouts, nutrition and lifestyle to learn what improves your health and fitness level so you can find your bliss. Go to [www.zoomhrv.com](http://www.zoomhrv.com) and use promo code ZOOMSB10 for \$10 off the Zoom and download SweetBeat HRV app at [www.beathealthy.com](http://www.beathealthy.com)

