

# Measure Your HRV

## Beat Your Personal Best



Are you a weekend warrior training for the next 10K or Triathlon? You need deeper insight into your training and recovery. Measure your HRV (heart rate variability) with SweetBeat HRV so you can see when you're recovered for the next workout. Reach higher levels of fitness by tracking your HRV each morning. You can also track your HRV throughout the day to learn what nutrition and supplements are improving your health and fitness level.

Download SweetBeat HRV app at [www.beathealthy.com](http://www.beathealthy.com) and go to [www.zoomhrv.com](http://www.zoomhrv.com) with promo code ZOOMSB10 for \$10 off the Zoom.

P.S. It's waterproof to 50 meters!

