



# Measure Your HRV

## Restore Your Energy

Is the daily grind leaving you stressed? No time or energy to workout or recharge? Measure your HRV (heart rate variability) to manage your stress level and restore your energy. SweetBeat HRV software makes it easy for you to track your current health and fitness level. An increase over time in HRV means an improvement in overall health and wellness. Track your HRV to learn what nutrition, workouts and daily behaviors are increasing your energy and reducing your stress 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.

