

HEART RATE MONITOR

INSTRUCTIONAL GUIDE



Thank you for participating in our research study! We've given you a heart rate monitor to wear for the next 14 days so we can measure how hard you are working during exercise. This guide will show you how to wear the monitor properly during your workouts so we can better understand your exercise patterns.

EQUIPMENT

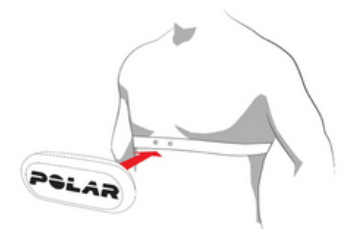
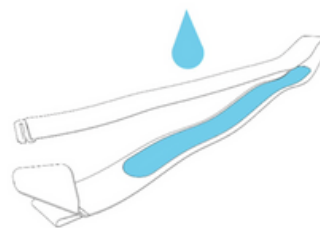
- 1 We have provided you with a **polar heart rate connector** and **chest strap**.
- 2 The plastic **electrodes** on the reverse side of the strap will detect your **heart rate**.
- 3 The **connector** will store the heart rate data detected.



WEARING THE HEART RATE MONITOR

- 1 **Wear** the device **each time** you participate in any **exercise** or **training sessions**, such as stationary cycling, brisk walking, or jogging.
- 2 The device will begin recording once you **attach** the **connector** to the **chest strap**.
- 3 Before you put on the strap, **moisten** the **electrode** area of the strap by using a damp cloth or wet fingers. This helps to improve the sensor's ability to detect your heart rate.
- 4 Wear the device directly against your skin, **not over clothing**. Fasten the strap around your **chest**, just below your sternum (see figure to the right). You will know that you are wearing it correctly if the word "Polar" is right-side up.

Only attach the connector when you are ready to exercise and remember to detach from the chest strap after exercise.



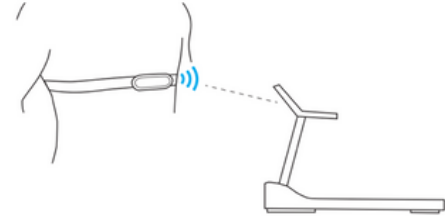
5

Adjust the fit if needed using the **fasteners** on the **chest strap**. Ensure the strap is **tight**, but comfortable. It should stay in place without feeling like it is pinching or restricting you.



DURING EXERCISE

Keep the monitor on for the duration of your workout. **Avoid adjusting** the monitor during exercise, as this will disrupt the heart rate signal.



AFTER EXERCISE

1

After exercising, detach the connector from the chest strap.

2

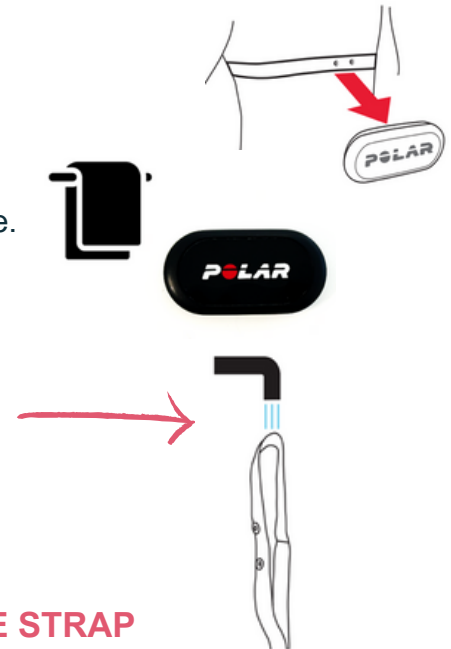
Dry the connector with a towel and store in a cool, dry place.

3

Rinse the chest strap under running water **after every use** and **hang to dry**.

4

Dry and store the chest strap and the connector **separately**. **Do not fold or roll up the strap**.



DO NOT USE ANY PRODUCTS ON THE STRAP

IMPORTANT REMINDERS



- Do not soak, iron, or bleach the strap
- Do not bend or stretch the electrode areas
- Do not store in wet, non-breathable material, such as a sports bag or backpack
- Do not store the sensor or strap in direct sunlight

Need more help?

If you have any questions about wearing the monitor or trouble with the equipment provided to you, please contact the research team at transcendent@cheo.on.ca.

You should receive an email back within 1-2 business days.

Alternatively, call (613) 286-2820 to speak to a research staff member.