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Goodbye heart rate monitors

Thursday, April 04, 2013

I just gave away TWO Polar Heart Rate Monitors. I dropped them off at my local running store. It wasn't the kind of thing you just take to Goodwill. Most people wouldn't even know what they were. The running store sponsors activities like couch to 5K programs designed to get people moving. So I thought that would be a logical place for my devices to find a new home.

I bought my first device some years ago, not to monitor calories burned but to keep an eye on my heart rate. I thought of it as a safety measure for a runner of my advanced years.

These were rather expensive devices and I'm a thrifty person, so why give them away?

- 1) I've reached the point where I can tell quite closely what my heart rate is.
- 2) I've learned what triggers can raise it besides physical exertion like anxiety or annoyance. (loose dogs, drivers on cell phones coming towards me, talking heads yelling at each other on TV while I'm on the treadmill, the gunfire I heard when running awhile ago).
- 3) Constantly checking the number causes it to rise too. Ooh, look, it went up 5 points and I'm going downhill. Why is that happening? Anxiety!
- 4) Irritation caused by the chest strap. It's too tight. Now it's slipping. Annoyance!

Enough already. I've worn these things for a long time, but no more. For now I'm keeping the model that uses a wrist strap only (made by MIO) but I have to press 2 buttons simultaneously to get a reading and that's not easy to do when running full out.

I tend to walk 1 minute per mile anyway to sip some water and wipe my nose (allergies) so manually checking my heart rate for 10 seconds (and multiplying by 6) gives me an adequate check.

I hope my 2 old friends find a good home.

Note: My sudden charitable donation is directly attributable to SP.

In a recent blog entry Lovestowalk49 requested opinions on heart rate monitors. After writing my response to her, I realized that I didn't need these devices anymore. Perhaps they could be more useful to someone else rather than just gathering dust in my drawer.

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BOILHAM



Good for you on donating an expensive device you no longer need. I'll log in with those who feel a need for a HRM. In my case, my HR seems to fluctuate more than my perception of fluctuation. On really hot days, it can rise quickly, and being my age I want to be careful. I like to run by HR alone sometimes, just take a nice easy LR at 75 percent of max, for instance.

As I was typing I thought of more pro-monitor reasons, for me, but I suppose I've made my point that my HR monitor is an indispensable tool for me.

Good blog!

2991 days ago



WILSONWR



That was a great donation - many aren't attuned to their body like you. I've got the one that you have to push the two buttons simultaneously - pretty strange engineering if you ask me...

2992 days ago



MJZHERE



You inspired me with this blog. What is sitting in my drawer/closet/pantry someone can use? Thanks for the example and reminder to pass on to others.

2992 days ago



SLENDERELLA61



Good move! How great that you now know your heart rate patterns. I have a Polar (F4 I think) but I never could get it to work right. I think the way my body is won't let me get the monitor close enough to my heart to accurately measure it. The HRM shows me with a heart rate of 220 often which isn't possible and over 180 almost all the time even when I don't feel like I'm exerting. After consultation with personal trainer and store personnel, I use rate of perceived exertion. It works.

2992 days ago



CELIAMINER



Very generous! I've been considering getting a heart rate monitor, but the whole idea of wearing the chest strap puts me off. If I want to do that, I can wear the chest strap on the treadmill.

2992 days ago



BARBARAJ73



I bought one not too long ago. It's still in the box but now that the paths are clear of ice and snow, I'll be trying it out. I can see where giving the two away makes sense for you. Am sure you made two folks happy!

2993 days ago



FITFOODIE806



What an awesome donation. They will make someone very happy.

I don't wear one either. I have one and feel that I'm familiar enough with how my body works. Sometimes the gadgets are more distracting than good.

2993 days ago



DR1939



I used mine all the time until I started taking a beta blocker. Now my heart rate stays so low that it is not worth checking. It also means that I am gaining weight on the same exercise and calories that I was doing before the beta blocker. Next appointment I'm going to ask for a different blocker. I've already tried 3 and just recently he cut the dosage in half. I guess this is the cost of

staying alive. 🧐 (I'm more than a little upset with the weight gain. I should at least be eating

something delicious--well fruit is delicious, so that argument doesn't hold water) 😊

2993 days ago



AUSFAM



Thanks for this blog! I've been on the fence about these and I recently asked my sister in law, WA, what she thought about them. She played Division I basketball for 4-years in college and she had to use one regularly during practice. She said the good part was you could see if you were slacking too much and if you needed to kick it up a notch, but other than that, she really didn't think they were worth it for exactly the same reasons you mentioned. Unless, I get one for a gift, I just don't think I can justify the expense--I'm just going to keep working on listening to my body!

2993 days ago



GINIEMIE



I have one my son & his wife gave me for Christmas a few years back. I tried to use it, but I couldn't really figure it out. I guess now that I'm retired it might be a good time to revisit that, although I remember hating the strap around my chest! Mmmm thanks for the idea and the reminder to use these devices as an aid to getting where we want/need to be.

THANK YOU!



2993 days ago



MISCHAKEO

It was nice of you to donate them. I think this is a good step as you have come to understand your body and don't need them. You are doing a great job of staying healthy and staying on track. I hope you don't run into any more lopse dogs or gunfire while running.



2993 days ago



BECKYANNE1

I'm still trying to figure mine out! Hopefully I'll get to use it this year!

2993 days ago



SOPHIEDO13

Nice of you to donate the Heart rate monitor. I have a wrist BP monitor that also displays HR, I'm trying to get my resting HR around 80 now it is around 98. I need to exercise more bc the better condition your're in the lower the resting HR. Good for you on getting to a point of not

needing them as much.

2993 days ago



JUNETTA2002

Thank you for being charitable. Now someone who couldn't afford a new one may have a chance to try one out.

2993 days ago



COCK-ROBIN

I wish I had one.

2993 days ago



NANNABLACK



2993 days ago



WATERMELLEN

What a good idea! They may just get someone else started, and as you say, you don't need 'em anymore. I'm one of those people whose heart rate zooms at the doctor's just out of sheer anxiety!

2993 days ago



CD13167855

I suppose that defines it. I don't need one and really don't want one.

2993 days ago



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