



Testimonials in Support of Heart Rate Monitors

We have been using POLAR heart rate monitors in our program for the past 15 years. We have found the POLAR heart rate monitors to be a reliable form of biofeedback in comparison to telemetry and manual pulse checks. In addition to the reliability that POLAR heart rate monitors provide, they also provide the patient with the ability to have a greater understanding of how their bodies react to exercise and activity. By wearing the monitor the patients can make informed decisions about either increasing or decreasing their exercise intensity based on their heart rate prescription. Adjusting exercise by heart rate versus workload alone allows for the accommodation for new terrain, temperature and other environmental conditions.

When patients participate in our supervised exercise program we provide POLAR monitors for them to borrow. At this time approximately 40-50% of our patients go on to purchase their own. POLAR provides an excellent selection of monitors that seem to fit the needs of most individuals. The majority of our patients purchase POLAR FT1 or FT4 models. The controls are very basic and easy to use.

We will not hesitate to continue our relationship with POLAR in the future.

Tyler Threlfall, BSc., ACSM Certified Clinical Exercise Specialist ®
Clinical Exercise Supervisor
Cardiac Wellness Institute of Calgary