

Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically”

Explanation to Register Vital Values / Pulse



Pulse is the mechanical, rhythmical expansion and contraction of the vessel walls, which is dependent on cardiac action and the compression wave triggered by the heart. In a narrower sense pulse is the expansion of the arteries that can be determined by taking measurements at certain points on the body.

The pulse is measured in beats/min.



If the pulse is too high it places above-average strain on the heart!

The recovery pulse rate is particularly important although no absolute statements can be made due to accompanying circumstances that vary greatly. However, as a guideline value this should be approximately 30% lower than the pulse under strain approximately 3 minutes after the respective strain has been removed. High values indicate a lack of ability to recover and may indicate overload or possible health problems.



Although pulse appears to be a trivial physiological occurrence, it allows conclusions to be drawn regarding factors that influence it, in particular heart rate, heart rhythm, blood pressure and vessel filling volume.

The pulse reacts quickly to stresses and strains of all kinds. The pulse rate also often increases after smoking and drinking coffee or alcohol. Consequently, only the longer-term average value of the resting pulse is suitable for monitoring purposes. The best time to take a pulse is first thing in the morning. Significantly increased pulse rates (5 to 10 beats/min) may indicate overload or too little rest. An on-going reduction in the average pulse rate can be seen as an improvement in basic stamina.



- [\(A\)](#) Ranges used in the GMON
- [\(B\)](#) Guideline values for resting pulse



[Overview about GMON modules](#)

general operation instruction, using goals values, other relevant parameters for health

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(A) Table of ranges use in the GMON (in beats/min):

Assessment	Traffic light colour	Pulse range
good	green	< 90
increased	yellow	90 – 120
high	red	> 120

(B) The resting pulse depends on age and is also dependent on level of fitness. The following guideline values can be used:

	Optimum resting pulse
Children and young people (not exercising)	80 to 90 beats/min
Adults (not exercising)	60 to 80 beats/min
Exercising	40 to 50 beats/min