

Health Metrics Quick Guide

HRV • VO₂ max • Resting heart rate • What they mean (and what to ignore).

Use this guide

- Look at trends over weeks, not single-day spikes. Compare you to you.

This is educational and not medical advice.

HRV (Heart Rate Variability)

What it is:

A measure of variation between heartbeats. Often used as a proxy for recovery and nervous system balance.

What lowers it:

Poor sleep, illness, high stress, alcohol, hard training, dehydration, under-fueling.

How to use it:

If HRV is consistently lower than your baseline for several days, prioritize sleep, hydration, and easier movement.

VO₂ max and Resting Heart Rate

VO₂ max

A rough estimate of aerobic fitness (how well your body uses oxygen). Wearables estimate this and can be noisy.

Use: watch the trend over 6–12 weeks.
Improve with consistent cardio + walking + strength work.

Resting heart rate (RHR)

Your heart rate at rest (often measured during sleep). Lower can reflect fitness, but context matters.

Use: if RHR is elevated for several days vs baseline, consider recovery: sleep, stress, illness, overtraining.

Quick decision rule (today)

If you feel good and metrics are normal → train as planned.

If HRV is low or RHR is high for 2–3 days → choose an easier day + prioritize sleep.

Always trust symptoms (illness, chest pain, dizziness) over device data.