

## Testing the feasibility of a clinic-based assessment of exercise-induced maximum heart rate and heart rate recovery in adults without cardiovascular disease

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is also accepting healthy volunteers

**Inclusion Criteria:**

- able to perform short-term intense exercise

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**Exclusion Criteria:**

- history of heart disease such as heart failure, valve disease, arrhythmia etc. - resting symptoms of shortness of breath or chest discomfort - resting heart rate of 100 or greater - high blood pressure - women who are pregnant - unable to speak and understand English

### Conditions & Interventions

**Conditions:**

Community Health, Heart & Vascular

**Keywords:**

Exercise, Heart Health, Stress test

### More Information

**Description:** We want to explore whether it is possible for adults without symptoms of heart disease to perform a short, high intensity exercise routine in a clinic setting in order to measure maximum heart rate and heart rate recovery. If this method is successful, it could be used by patients and clinicians to estimate and track heart health over time.

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**IRB**

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