

# The STAMINA Lifestyle Intervention: A guide to using your heart rate monitor



## **About this booklet**

### **Who should read this booklet?**

This booklet is aimed at men who have been referred to the STAMINA programme and selected to receive a heart rate monitor (chest strap) and watch. Partners, families, and friends might also find this booklet useful.

### **What is the purpose of this booklet?**

This booklet provides information about why you have been provided with a heart rate monitor and how to use it to record your exercise sessions. It also provides practical advice on how to upload your data to Garmin® for research purposes.

Contact details for additional support or queries can be found at the end of this booklet.

**Video tutorials are also available on the STAMINA website.**

[www.stamina.org.uk](http://www.stamina.org.uk)

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## Why do I need to wear a heart rate monitor?

Your Nuffield Health site has been selected to provide all STAMINA participants with a heart rate monitor (chest strap) and watch.

We would like you to **wear** the heart rate monitor and watch during all your exercise sessions if you feel comfortable to do so.

We are asking you to **record** your heart rate during all exercise sessions so that the research team can explore how hard you are working during your exercise sessions. This information may inform future cancer care.

You will be provided with the heart rate monitor (chest strap) and watch in your STAMINA induction session.

Please check you have all the items shown in the pictures on page 4. If any items are missing or become damaged, please contact the STAMINA research team.

**Telephone:** 0114 225 3586

**Email:** [sth.stamina@nhs.net](mailto:sth.stamina@nhs.net)

### Box 1: Heart Rate Monitor (Chest Strap)



- One chest strap
- One module (small rectangular shape)
- One instruction booklet
- One screwdriver

### Box 2: Garmin Forerunner 45 watch



- One watch
- One charging cable
- Instruction booklet and quick start manual

## Step 1: Putting the heart rate monitor on

A Clinical Exercise Specialist will show you how to put on the chest strap in your induction session. There are also instructions below. You will need the contents of **Box 1**.

1. Firstly, you need to attach the module to the chest strap ensuring both Garmin® logos are facing the front.



2. Next, wrap the strap around your chest and connect the strap hook to the loop. (You should wear the heart rate monitor directly on your skin, just below your chest muscles).
3. Adjust the strap so it feels snug enough to stay in place during your activity, but not too tight you can't move. (Make sure the care tag does not fold over as this may irritate your skin).

## Step 2: Connecting the chest strap & watch

A Clinical Exercise Specialist will show you how to sync your chest strap and watch in your induction session. There are also instructions on [page 7](#).

You will need to sync your chest strap to the watch so that you can record your heart rate during your exercise sessions.

Once the connection is set up, the watch will automatically connect to the chest strap the next time you start an activity, and the chest strap is active and within range.

Press this to **light up** the screen

Press this to **start & stop** recording, or to **select** an option from the menu.

Press these to **navigate** the menu **up** and **down**.



Press this to return to the previous screen (the **back** button).

1. First, put on the chest strap as per the instructions on page 5.

2. Next, turn on the watch. If you are not on the home screen, press the back button until the home screen appears >.



3. Press and hold the middle left button for a couple of seconds until this menu appears >.



4. Press the bottom left button repeatedly until the words 'Sensors & Accessories' are displayed in the centre of the screen.



5. Press the top right button three times to search & add a new device. (The watch will then start to search for the chest strap as shown in the picture) >.





6. Once the device has paired the watch will inform you that a sensor has been found. Press the top right button to connect the two devices. You will then hear a beep and see the words connected.



**Your chest strap and watch are now connected.**

**Top tip: Slightly wet the four patches on the back of the chest strap with water to create a stronger connection between your chest and the transmitter. This will sync your devices more easily.**

### Step 3: Recording an exercise session

We would like you to record your heart rate in every exercise session you complete as part of the STAMINA programme (both supervised and non-supervised).

Please follow the steps outlined below at the start of each exercise session:

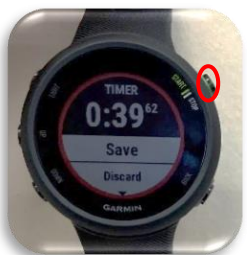
1. Put on the chest strap and watch.
2. Check that your chest strap is connected to the watch following the instructions on page 7 – 8.
3. Once connected, select the top right button to open the activity screen.
4. Next, select the down arrow until you have highlighted 'Cardio'.
5. Then press the top right button again to select the cardio option.



6. Press the top right button to start recording the session. A timer will appear at the top of your screen showing the live duration of your session. Your heart rate (number of beats per minute) will be displayed below.



7. At the end of your session press the top right button to stop the recording.



8. To save the recording, use the arrow buttons until you have highlighted the word 'save' then select this option by pressing the top right button.

**Other functions to use whilst recording your exercise session:**

To pause a recording	Press the top right button
To delete a recording	Press the top right button to open a menu of options. Using the arrow buttons scroll down to 'Discard'. Then press the top right button to delete the recording.

## Step 4: Uploading your data to Garmin

Once you have recorded a session onto your watch, we would like you to upload your data to Garmin so that the data doesn't get lost\*. This is also how the research team can log how much activity you are doing.

The easiest way to upload your data to Garmin is by using the STAMINA laptop at your local Nuffield Health gym.

**Please upload your data from your watch to Garmin every 2 weeks following the instructions below.**

1. Take your watch, charging cable and Garmin Log in details to your next visit at Nuffield Health.
2. Request access to the STAMINA laptop (at reception or ask your clinical exercise specialist).
3. Attach the charging cable to your Garmin watch and plug the USB into the laptop. (A notification box may appear in the bottom right corner; you can ignore this).

\* This data will be directly accessed by researchers and stored securely at Sheffield Hallam University. No one at Garmin will be able to link the data to you as your name will not be used, only your study number.

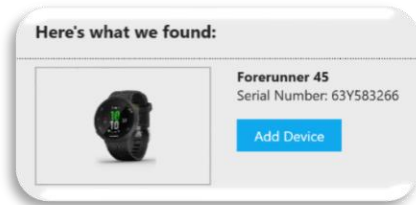
- Next, double click on the Garmin Express icon to open the software (the icon will be on the home screen and look like this >).



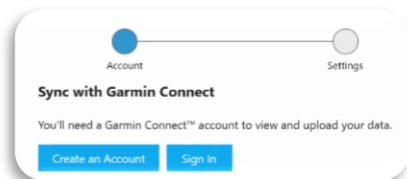
*Please follow step 5 - 10 the first time you connect your watch to the laptop. If you have connected your watch to the laptop before, please skip to steps 11 – 13.*

- Click add device and wait for a few seconds

- You should get a screen that shows that your device has been found. Please click 'Add Device'

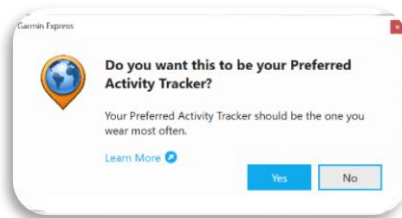


- Please select 'Sign In' and enter the log in details provided to you by the Clinical Exercise Specialist.

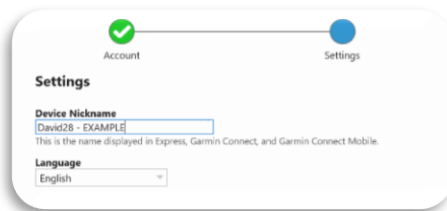


*If you have misplaced your log in details, the Clinical Exercise Specialist can find them for you.*

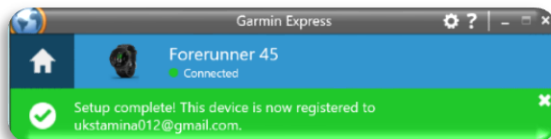
8. You may be asked if you want this to be your preferred tracker. Please select Yes.



9. You will then be shown a settings menu. Insert a nickname that is memorable to you. Then select next (you can skip this step if you would prefer not to enter a nickname).

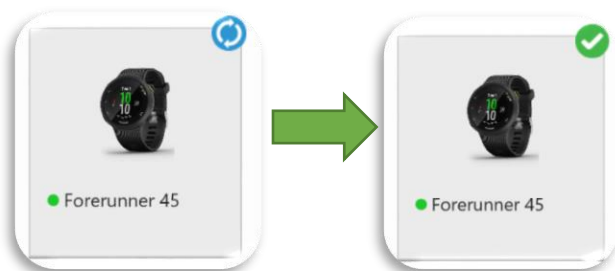


10. Wait a few moments whilst your data uploads to Garmin. Once complete you will see this screen.



*Please follow steps 11 – 13 if you have connected your watch to the laptop before.*

11. Garmin will recognise that you have connected your watch. You will see a blue circle next to your watch as it makes the connection.
12. Once the green tick appears, the connection is complete, and the device can be unplugged.
13. Please return the laptop to the receptionist/ clinical exercise specialist.



**Note – there is a tutorial video demonstrating how to sync your watch to the laptop on the home screen of this laptop.**

## Frequently asked questions

### Are heart rate monitors accurate?

You may wonder why we are asking you to sync the chest strap heart rate monitor to the watch instead of using the watch alone.

At present, heart rate monitoring technology on watches does not produce accurate enough measurements during exercise (other than gentle exercise). However, by syncing the chest strap to the watch provides a more accurate measurement.

### How do I keep my heart rate monitor clean?

You will wear the heart rate monitor in every STAMINA exercise session, so it is likely to get a bit sweaty. We recommend you unsnap the module from the chest strap and rinse it in warm water once a fortnight. To dry the strap, lay it flat or hang it up.



## What shall I do if I can't get the heart rate monitor to work?

You can access short video tutorials on the STAMINA website in the participant members area.

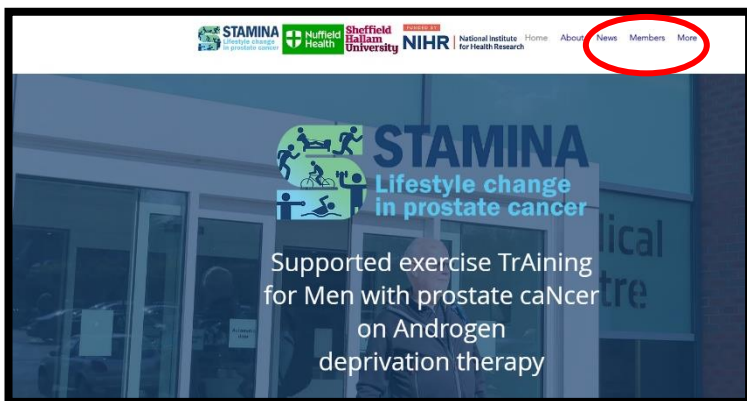
Log onto the STAMINA website and enter the log in details that the STAMINA team provided to you.

If you have forgotten your log in details or need further support, please call the STAMINA research team who will be happy to help. The contact details are below.

**Website:** [www.stamina.org.uk](http://www.stamina.org.uk)

**Telephone number:** 0114 225 3586.

**Email:** [sth.stamina@nhs.net](mailto:sth.stamina@nhs.net)



## My log in details

### **Garmin**

Log in:

Password:

### **STAMINA website**

Log in:

Password:

## Notes

