



# HEART ZONES



## Get to the Heart of Health

WITH THE HEART ZONES SYSTEM

Help us bring heart health to every  
Physical Education class in your schools!

Lodi School District • River Valley School District • Sauk Prairie School District  
Wisconsin Heights School District



At Sauk Prairie Healthcare, we want to create healthy communities that move more and eat smarter, starting with our youth. Sauk Prairie Healthcare Foundation has committed startup funds for the implementation of the acclaimed Heart Zones System for **every** student in **every** physical education (PE) class in **every** school district in Sauk Prairie Healthcare's service area.

Now we need **you** to help us finish the job.

## What is the Heart Zones System?

Heart Zones uses "Smart PE" technology featuring wearable heart rate monitors, an electronic display and software to measure and record physical activity. The Smart PE technology allows for more accurate assessment of students' fitness. In turn, this information is used to improve the physical education curriculum.

## How does the Heart Zones System work?

In PE class, students wear sensors that measure five heart zones ranging from resting to vigorous activity levels. The goal is for them to remain in the moderate to more strenuous zones for 20 of the 45-minute class. Data from their monitors is collected and displayed so students can quickly see if they are exercising in the preferred zones and for how long.

*"We use the Heart Zones System for our special needs students outside of the PE class setting. We monitor their heart rates throughout the day and are able to provide them with needed breaks using yoga strategies or heavy work activities. This gets their mind and body back to a zone in which they are ready to learn. This has been a very useful tool for us to help meet the needs of our students."*

*— Abbey Ballweg, Special Education Teacher*





## Who benefits from the Heart Zones System?

In one easy-to-use system, Heart Zones offers an individualized approach that leads to students' increased health, self-esteem and focus that go well beyond the physical education class. With Heart Zones, everyone wins:

- Students learn about their own bodies and are motivated to become more active due to the instant feedback they receive.
- Teachers utilize technology to tailor their physical education curriculum and serve individual students' activity needs more accurately.
- Parents receive email reports of their child's heart health progress.

## How will the impact of the Heart Zones System be measured?

We're looking to improve kids' heart health to help them live long, healthy lives. Progress toward our goal will be measured by reduced overall resting heart rates and increased amount of time children spend in their active heart rate zone.

*"Our children know how to identify a healthy resting heart rate for their age. The emailed reports have led to some great home discussions about which activities make your heart rate go up and which activities you can do while you are recovering from the most strenuous levels of exercise. What our kids are learning about heart health will benefit them for the rest of their lives"*

*— Aaron and Maria Andres, Parents*

*"Students see their heart rates while exercising and learn the benefits of being in a healthy zone. This transfers outside of the gym and encourages kids to want to be active."*

*— Allison Steinmetz,  
4th Grade Teacher*

*"Using the heart rate monitors helps me know what activities raise my heart rate."*

*— Elementary Student, age 10*



## Help us bring heart health to every PE class in your schools!

Every \$10 you give puts a heart monitor on the arm of one student. Your \$250 gift supplies an entire PE class. It's a one-time investment that will help improve kids' heart health. 100% of your gift will go to the school district(s) you choose.

### Yes, I/we want to make a difference!

Here's my/our gift of \$\_\_\_\_\_ to support Heart Zones in:

- Lodi Schools     River Valley Schools  
 Sauk Prairie Schools     Wisconsin Heights Schools     ALL

Comments:

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Name

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### Payment Method

Make check payable to SPH Foundation or pay by Credit Card

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Signature \_\_\_\_\_

Give securely online at  
[www.SaukPrairieHealthcare.org/HeartZones](http://www.SaukPrairieHealthcare.org/HeartZones)

*“The Heart Zones System has totally changed how our school district approaches student fitness. We use Heart Zones in our physical education classes because the data it provides helps us know our students as individuals. The program brings lifelong benefit – our students are learning what it looks and feels like to be “in the zone.”*

— Eric Scheunemann and Jacob Breunig, Physical Education Teachers

*“I like being able to see my heart rate so I know if I need to work harder.”*

— Elementary Student, age 9



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