

Abstract Submitted  
for the 4CF07 Meeting of  
The American Physical Society

**Does it matter if I exercise? What can “cardiophysics” tell us?<sup>1</sup>**

GUS HART, BENJAMIN WILSON, ALLEN PARCELL, Brigham Young University — Lower heart rates are often associated with better cardiovascular health. But there’s a lot more to cardiac rhythms than just the average heart rate. Fractal analysis of inter-beat intervals shows a surprising ability to discriminate between healthy and unhealthy, young and old groups. Are the fluctuations in the heartbeat of a healthy heart random, small, periodic, or chaotic? Does exercise make a difference? We discuss our analysis of the cardiac data of two groups of individuals, those that were physically active and those that were sedentary.

<sup>1</sup>Supported by a BYU Mentoring Environment Grant.

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Date submitted: 14 Sep 2007

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