

What Does a Healthy HRV Look Like?

A healthy HRV reflects a body that can adapt well and return to balance efficiently.

One helpful way to think about it is like a fresh rubber band. A new rubber band stretches easily and springs back into shape. In a similar way, a healthy, resilient body can respond to changing demands and recover smoothly.

Higher HRV is often a sign of flexibility, resilience, and balance. Lower HRV can reflect stress, fatigue, or reduced adaptability.

It is also important to remember that HRV naturally changes with age, and healthy ranges are age- and gender-dependent. The most useful comparison is not you versus someone else - it is your current reading compared with your own usual baseline over time.