



**DR. VESNA LEMM**  
Allgemeinmedizinerin



RTL and me were following two very busy mothers who had a full-time jobs and felt stressed. We were monitoring them using heart rate variability to detect how jogging with one and meditation with other influence their heart rate variability. Heart rate variability shows what is more activated: sympathetic or parasympathetic nervous system which are indicators of our stress level. During the short term follow up, the results we noticed were interesting. On the short term follow up jogging demonstrated to be more beneficial unlike meditation. The person who was doing meditation showed to have more stress which is very common if you have to deal with subconscious mind. Also, dealing with the inner self can affect the level of stress. However, on the long term meditation demonstrates to be more beneficial.

Dr. med. Vesna Lemm