

# HOW TO CHECK YOUR HEART RATE

Your heart is a muscle that gets stronger with exercise, pumping more blood with each beat. Measuring your heart rate gives you a quick check on how well your heart is working.

## CHECKING YOUR HEART RATE



### WRIST

- Place your index and middle fingers on the opposite wrist, just below the thumb.
- Count beats for 15 seconds, then multiply by four to get your heart rate.



### NECK

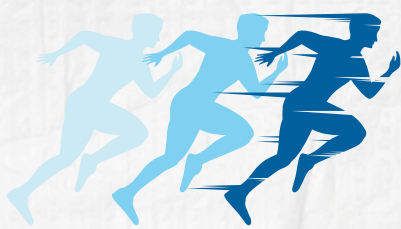
- Place your index and middle fingers just below your jawbone, to the side of the windpipe.
- Count beats for 15 seconds, then multiply by four to find your heart rate.

## RESTING HEART RATE



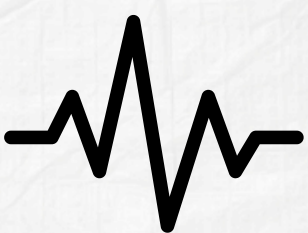
- Your resting heart rate is the number of beats per minute while at rest.
- Check it after lying down quietly for at least 5 minutes, ideally before getting out of bed.
- A normal range for adults is 60-100 beats per minute.

## CARDIOVASCULAR FITNESS



- A lower resting heart rate usually means better heart function and fitness.
- Well-conditioned athletes may have a resting rate around 40 beats per minute.
- Heart rate varies due to factors like age, activity, body size, and more.

## KNOW YOUR HEART RATE



- A consistently high (above 100) or low (below 60) heart rate could signal a problem.
- Consult your doctor if you notice unusual heart rate patterns, especially with symptoms like dizziness or shortness of breath.

