

THE IMPORTANCE OF A HEALTHY HEART RATE

Heart as a Muscle

Like other muscles, the heart works harder during physical activity, helping to pump blood and support overall bodily functions.

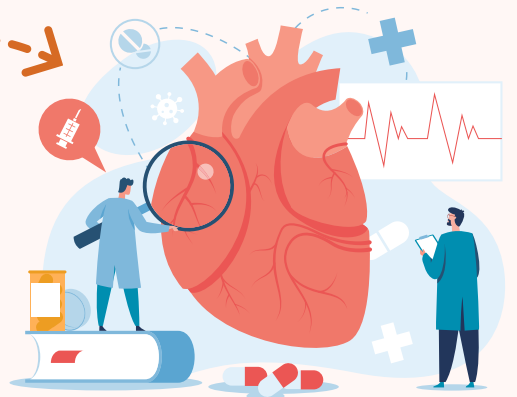


Importance of Heart Rate

Monitoring heart rate is essential for evaluating cardiovascular health, offering insights into the condition of the heart and blood vessels.

Cardiovascular System Role

The cardiovascular system circulates blood throughout the body, delivering oxygen and nutrients to tissues and vital organs, especially during increased physical demands.



Heart Rate Definition

Heart rate refers to the number of beats per minute and is directly linked to the workload on the heart, rising during exercise when the body requires more oxygen.



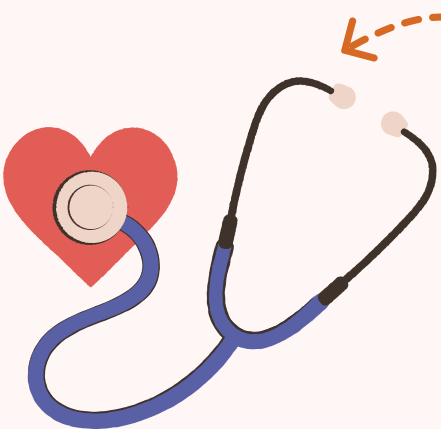
Fitness Indicator

A lower resting heart rate typically indicates a more efficient heart function and better cardiovascular fitness, suggesting a well-conditioned heart.



Health Implications

A higher resting heart rate is associated with a greater risk of cardiovascular disease and increased mortality, making it an important factor in assessing overall health.



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