

RESTING HEART RATE

Your resting heart rate (RHR) is generally calculated as the number of times your heart beats in one minute. The average heart rate for a healthy adult is 70 beats per minute (bpm). However, an individual's heart rate can range anywhere from 60 to 100 bpm. As you continue through your exercise program, your RHR will likely decrease as you become more fit.

Step 1 – Take your resting heart rate in the morning, before getting out of bed.

Step 2 – Hold one hand out with your palm facing up. Raise your thumb slightly to create a small “pocket” at the base of the thumb. This is where your brachial artery is located.

Step 3 – Place the tip of your index and middle fingers across the “pocket”, feeling for the tendon that runs down your arm. Adjust your fingers until you feel a steady beat.

OR - Place the tip of your index and middle fingers on your carotid artery, which is just below your chin next to your windpipe.

Step 4 – Once you have found your pulse, count the number of times it beats in 1 minute. You will need a stopwatch or a watch with a second hand for this step.

Step 5 – Document your heart rate.

Step 6 – As your heart becomes stronger throughout your exercise routine, occasionally monitor your progress by checking your resting heart rate.

