

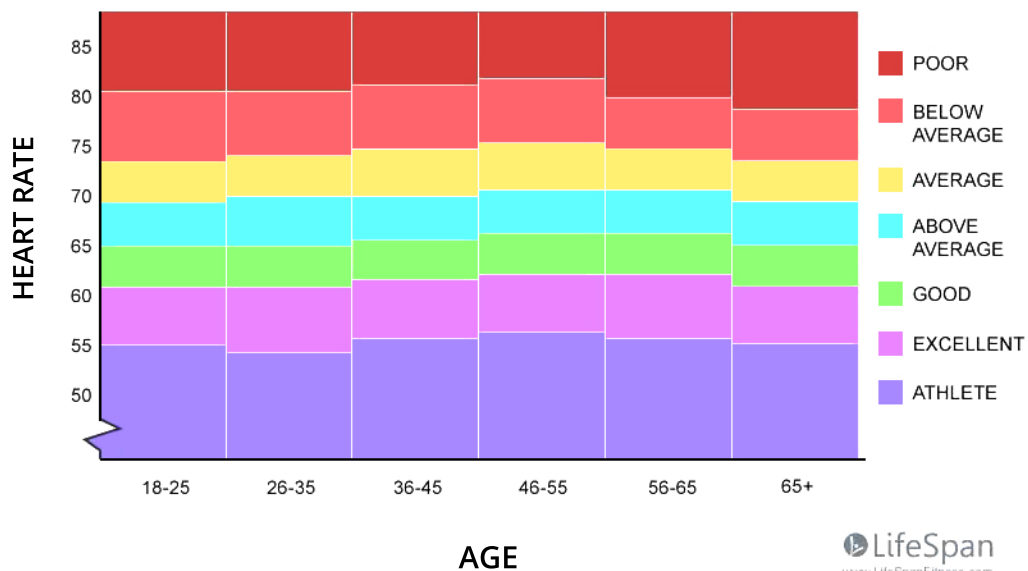


Your Resting Heart Rate

Your resting heart rate (RHR) is a simple, easy-to-measure indicator of your cardiovascular health. A healthy heart that is in good shape doesn't have to beat as often to pump blood to the body. A healthy heart is strong and more efficient, pumping more blood at higher rate while efficiently circulating oxygen throughout your body. Be aware, however, that a RHR that is too low and is not a result of achieving a high level of fitness can mean that the heart's natural pacemaker is not working correctly.

Factors that can influence heart rate include:

Activity level (sleeping, resting, exercise)
Fitness level
Air temperature
Body position (standing up or lying down)
Emotions and stress levels
Body size
Medications
Food and drink
Illness



LifeSpan
www.LifeSpanFitness.com

How to Calculate Your Resting Heart Rate

To calculate your RHR;

- Find a seat and allow yourself to relax or you can do a check when you wake up in the morning
- Stay seated and as motionless as possible for roughly 5 minutes
- Locate your pulse on the underside of your wrist by gently applying pressure with your index and middle fingers
- Using a watch with a second hand or a digital stop watch, count how many beats you feel for ten seconds
- Repeat this calculation two or three times to find your average number
- Multiply this number by 6 to achieve your RHR. (For example, if you count 12 beats in ten seconds, your RHR would be 72 BPM ($12 \times 6 = 72$))