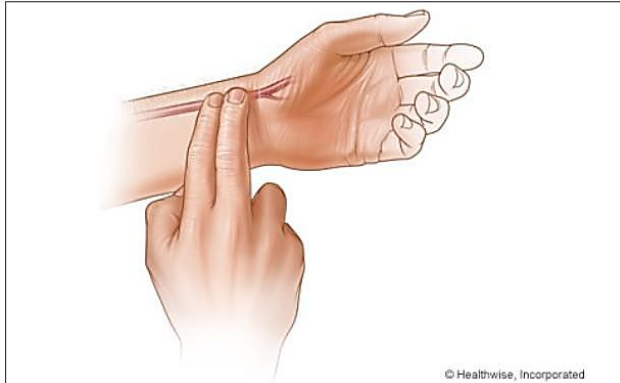


Resting Heart Rate (RHR) Measurement

The following illustration provides two sites where your RHR can be measured. Ensure you are in a relaxed state. In the morning after you have woken is an ideal time. Avoid smoking or caffeinate beverages as they will affect heart rate readings.

Taking a Pulse (Heart Rate)

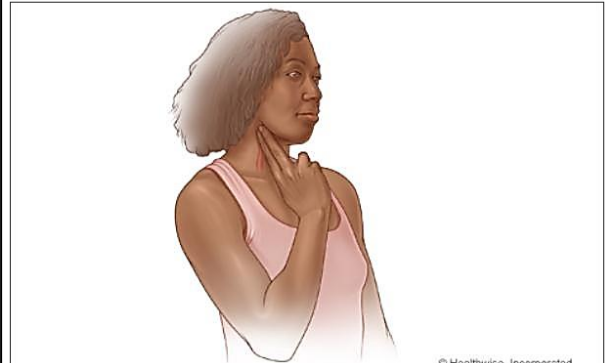


Checking your pulse on the wrist

You can easily check your pulse on the inside of your wrist, below your thumb.

- ❖ Gently place 2 fingers of your other hand on this artery.
- ❖ Do not use your thumb, because it has its own pulse that you may feel.
- ❖ Count the beats for 30 seconds, and then double the result to get the number of beats per minute.

Taking a Pulse (Heart Rate)



Checking your pulse in the carotid artery

You can also check your pulse in the carotid artery. This is located in your neck, on either side of your windpipe. Be careful when checking your pulse in this location, especially if you are older than 65. If you press too hard, you may become lightheaded and fall.

Assessing your heart rate provides a good indicator of your health. Refer to the norms on the table below. If your RHR is high, make arrangements to seek medical advice before exercising.

Resting heart rate (bpm) references		
	Men	Women
Normal	60 - 80	60 - 80
Average	70	75
Special attention	≥ 90	≥ 90
Medical referral	≥ 100	≥ 100

Adapted from Heyward, 2002 and Cotton, 1997

A RHR of less than 60 bpm is called bradycardia and may be the result of good aerobic fitness, hypothermia, low thyroid function, and certain medications.

A RHR of greater than 100 bpm is called tachycardia and may be the result of taking stimulants like caffeine, excess stress, fever, poor aerobic fitness and certain medications.