



100 beats per minute. between 60 beats per minute and ill, resting heart rate is normally If you're calm, relaxed, and aren't

in 60 seconds. and count the number of beats Put your finger over your pulse

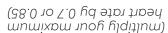
- Top of your foot ▼
- ✓ Side of your neck
- wodle of your elbow
  - v Wrists

## **BEST PLACES TO CHECK PULSE**

condition that needs to be addressed. may signify a heart condition or other heart-health gauge. Changes in your pulse knowing your heart rate can be an important

of times your heart beats per minute. Your heart rate - or pulse - is the number

CHECK WAHOM DO I



of your maximum heart rate. ACTIVITY, aim for about 70-85% During VIGOROUS PHYSICAL

heart rate by 0.5 or 0./) munitiply your maximum)

> of your maximum heart rate. ACTIVITY, aim for about 50-70% During MODERATE INTENSITY

TARGET Heart Rate Calculate Your



Heart Rate **MUMIXAM** Your

220





**During MODERATE INTENSITY ACTIVITY**, aim for about 50-70% of your maximum heart rate.

(multiply your maximum heart rate by 0.5 or 0.7)

**Heart Rate** 

**During VIGOROUS PHYSICAL ACTIVITY**, aim for about 70-85% of your maximum heart rate.

> (multiply your maximum heart rate by 0.7 or 0.85)

# HOW DO I

Your heart rate - or pulse - is the number of times your heart beats per minute.

Knowing your heart rate can be an important heart-health gauge. Changes in your pulse may signify a heart condition or other condition that needs to be addressed.

### **BEST PLACES TO CHECK PULSE**

- ✓ Inside of your elbow
- Side of your neck
- ✓ Top of your foot

Put your finger over your pulse and count the number of beats in 60 seconds.

If you're calm, relaxed, and aren't ill, resting heart rate is normally between 60 beats per minute and 100 beats per minute.





