



# Can you measure your heart rate?

Your resting heart rate is a great way to understand your level of arousal and general health. It is easy.

Here's how to do the test:

1. Find your pulse at your wrist (the radial artery) or at your carotid artery in your neck. If you use the neck do not press hard.
2. Using your index and middle finger, count the number of beats you feel in 15 seconds. Do not use your thumb.
3. Multiply the number of beats you count in 15 seconds by four to find the number of beats per minute.



**What does this tell:**

A normal resting heart rate for adults ranges from 60 to 100 beats a minute.

Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. For example, a well-trained athlete might have a normal resting heart rate closer to 40 beats a minute.

Consult your doctor if your resting heart rate is consistently above 100 beats a minute (tachycardia) or if you're NOT a trained athlete and your resting heart rate is below 60 beats a minute (bradycardia) — especially if you have other signs or symptoms, such as fainting, dizziness or shortness of breath.

**Solving problems before they happen.**

# Do you have good blood pressure?

High blood pressure is a silent killer. High Blood pressure starts at 130 over 80, not 140 over 90. Many people with high blood pressure don't even know they have it. High blood pressure develops slowly over time and can be related to many causes. High blood pressure cannot be cured. However, it can be managed very effectively through lifestyle changes and when needed, medication. If you are looking for a list of symptoms and signs of high blood pressure (HBP or hypertension) **you won't find them**. This is because most of the time, there are none. Myth: People with high blood pressure will experience symptoms, like nervousness, sweating, difficulty sleeping or facial flushing. If you have High Blood Pressure get it under control.

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

