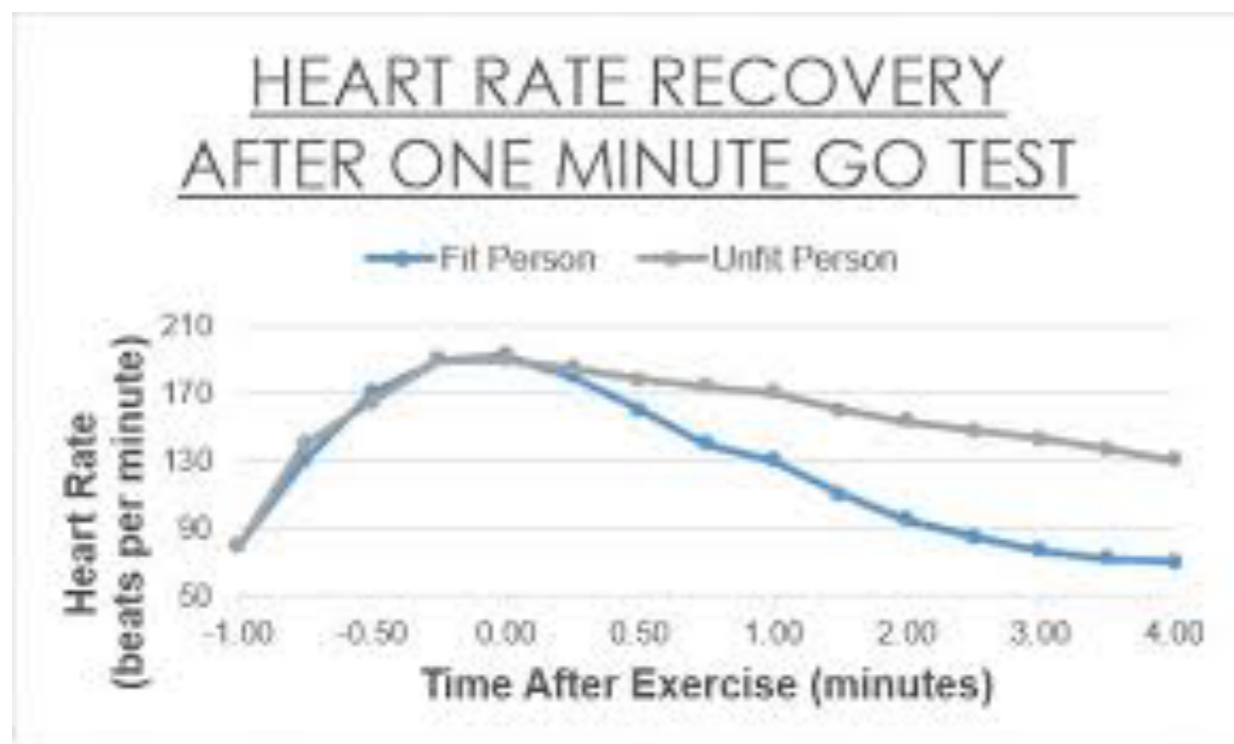




Can your heart recover fast after exercise?

The more fit you are the faster the your heart rate **recovers**. Your **heart rate** drops most sharply in the first minute after you stop **exercising**—a drop of less than 12 **beats** a minute is considered abnormal.



The healthier a person's heart is, the quicker it returns to its normal beat; the less healthy the heart is, the longer it takes it to recover from something like an exercise stress test. As a general rule, a quicker recovery heart rate following vigorous exercise is better. In fitness settings (like an exercise class) trainers like to see your heart rate fall under 100 beats per minute in the first three minutes after exercise.