

DO YOU/CAN YOU
DO THIS?
SHORT WELLNESS SELF-
CHECKS

One of Three
Biomarkers You
Should Know?
3. Heart Rate



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. Use heart rate to judge exercise intensity, stress levels, and overall health changes. It is an easy tool to use. **Solving problems before they happen.**