

### TESTING YOUR PULSE

Test your pulse upon awakening or after you have been resting in a chair for at least ten minutes. Take three fingers (with the index being #1) and place them either on the front side of your neck or on the inside of the wrist on the same side as your thumb. Soon you will start to detect your pulse under your fingertips. Take your pulse for fifteen seconds and multiply that number by four to get your rate for one minute.

For example, 20 beats  $\times$  4 = 80 beats/minute.

Your pulse: \_\_\_\_\_beats/minute.

This is your resting pulse rate or heart rate. Average values for adults are 60 – 80 beats per minute (bpm). Well-trained athletes can have pulse rates around 50 bpm. Newborns can have a pulse rate of 70 – 170 bpm. By age four the average heart rate is 70 – 115 bpm.

The **American Heart Association** considers a normal resting pulse rate for adult men and women to be anywhere from 50 to 100 bpm. New evidence suggests that elevations of pulse rate within this normal range strongly predict an increased risk of dying, rather than recovering, from a heart attack.

## CARDIOVASCULAR RISK LEVELS FOR MEN BASED ON RESTING HEART RATE

Below 64 Beats per minute = in the healthy range

64 to 69 beats per minute = Mild risk

70 to 75 beats per minute = Moderate risk

Over 76 beats per minute = high risk