

Taking Your Heart Rate

Your heart rate (sometimes called a pulse rate) is the number of times that your **heart beats in one minute**.

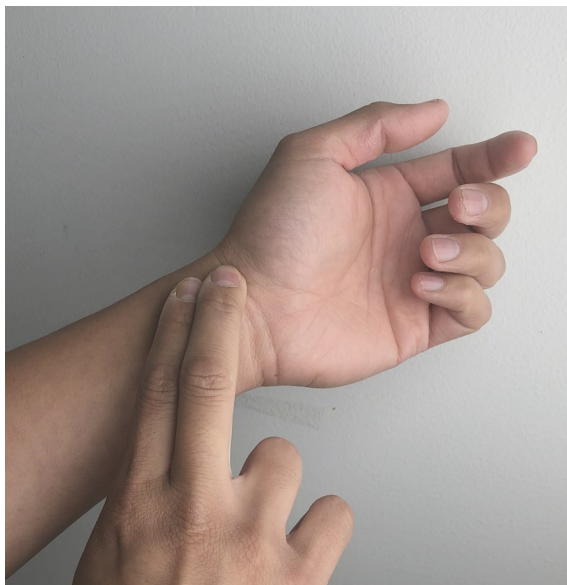
Why do we take a heart rate?

Your heart rate speeds up and slows down depending on the activity that you are doing. A “normal” heart rate is different from person to person.

It is helpful to have an idea of what is normal for you so that you can detect unusual changes in the rate or regularity. A heart rate can also be used to tell how intense an exercise is for you.

How to do it:

- Place your fingers gently on your wrist just below your thumb
- Count the number of beats that you feel in 10 seconds
- Multiply the number of beats by 6 to estimate your heart rate



Number of Beats in 10 Seconds	Heart Rate
9	54
10	60
11	66
12	72
13	78
14	84
15	90
16	96
17	102
18	108
19	114
20	120
21	126
22	132
23	138
24	144
25	150