Measuring Resting and Active Heart Rate

To measure your heart rate, you will need a clock or watch with a second hand, and a piece of paper and pencil to write down your heart rate.

1. Before beginning, make sure you are at rest and calm for at least 10 minutes.

2. Find your pulse. The easiest place to check your pulse is on the inside of your wrist. To measure the pulse on your wrist, hold your hand in front of you with the palm up. Gently place two fingers of your other hand at the top of your wrist, near where your hand starts, on the outside edge of your wrist. Do not use your thumb because it has its own pulse. Move your fingers around until you feel a steady beat.

3. When you have found your pulse and have your fingers on it, begin to silently count your heart rate for the next 15 seconds as you keep time on the watch or clock.

4. Write down the number of times your heart beats in 15 seconds.

5. To find your resting heart rate, multiply the number of beats counted in 15 seconds by 4 to get beats per minute. For example, if you counted 20 beats during the 15 seconds, your pulse would be 80 beats per minute because 20 x 4 = 80.

6. Do two minutes of high-intensity physical activity such as skipping rope, jumping jacks or running.

7. Repeat steps 2–5.

8. Write down their active heart rates.

Notice the difference between resting pulse rate and pulse rate. Active pulse rates should be much higher because your heart is getting a workout. Your heart gets exercise when it beats faster. Exercise every day to give your heart a workout and keep your heart healthy.

Note: A typical resting pulse rate for ages 10 to adult is 60-100 beats per minute.

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