



## RESTING HEART RATE

**Tape This Worksheet On Your Clock/Nightstand As A Reminder!**

The resting heart rate is most accurately assessed when measured for a full minute first thing in the morning before you get out of bed.

Place your fingertips on your wrist on the thumb side (radial pulse). Avoid using too much pressure when using the carotid pulse to measure heart rate. Count (Zero first) for an entire minute.



Tips:

- After you wake up, give sometime to your body to rest for a while
- Do not suddenly start measuring the RHR after waking up
- Lie down at least for 15 minutes before measuring the RHR

<b>DAY ONE</b> – one minute resting heart rate	
<b>DAY TWO</b> – one minute resting heart rate	
<b>DAY THREE</b> – one minute resting heart rate	
<b>AVERAGE RESTING HEART RATE</b> add all three days, divide by 3	



## RESTING HEART RATE CHARTS

### Resting Heart Rate for Women

AGE	18-25	26-35	36-45	46-55	56-65	65+
<b>Athlete</b>	54-60	54-59	54-59	54-60	54-59	54-59
<b>Excellent</b>	61-65	60-64	60-64	61-65	60-64	60-64
<b>Good</b>	66-69	65-68	65-69	66-69	65-68	65-68
<b>Above Average</b>	70-73	69-72	70-73	70-73	69-73	69-72
<b>Average</b>	74-78	73-76	74-78	74-77	74-77	73-76
<b>Below Average</b>	79-84	77-82	79-84	78-83	78-83	77-84
<b>Poor</b>	85+	83+	85+	84+	84+	84+

### Resting Heart Rate for Men

AGE	18-25	26-35	36-45	46-55	56-65	65+
<b>Athlete</b>	49-55	49-54	50-56	50-57	51-56	50-55
<b>Excellent</b>	56-61	55-61	57-62	58-63	57-61	56-61
<b>Good</b>	62-65	62-65	63-66	64-67	62-67	62-65
<b>Above Average</b>	66-69	66-70	67-70	68-71	68-71	66-69
<b>Average</b>	70-73	71-74	71-75	72-76	72-75	70-73
<b>Below Average</b>	74-81	75-81	76-82	77-83	76-81	74-79
<b>Poor</b>	82+	82+	83+	84+	82+	80+

A higher resting heart rate has been directly linked to increased risk of getting a heart attack. A resting heart rate calculator will help you to know the exact resting heart rate you should have. So, it is quite clear that one should always keep an eye on his/her resting heart rate to maintain a healthy heart and a healthy body. If you have any concerns about the functioning of your heart, you should consult a doctor who can examine you and give expert opinion.

While the normal resting heart rate for adults ranges from 60-100 beats per minute, conditioned athletes and other highly fit individuals might have normal resting heart rates of 40-60 beats per minute. For healthy adults, a lower heart rate at rest generally implies more efficient heart function and better cardiovascular fitness.

Gender is another factor in resting heart rate norms because women at various fitness levels tend to have higher pulse rates on average than men of comparable fitness levels. For example, the average resting heart rate of an elite 30-year-old female athlete ranges from 54-59 beats per minute, while the resting heart rate for men of the same age and fitness level ranges from 49-54.<sup>1</sup>

Keep in mind that many factors can influence heart rate, including:

- Activity Level
- Emotions
- Body Position (standing up or lying down, for example)
- Fitness Level
- Body Size
- Air Temperature
- Medication Use

<sup>1</sup> YMCA's "Y's Way to Fitness"



## TRAINING HEART RATE

To determine a Training Heart Rate using the Karvonen Formula (I like to call this your personalized zone verses the standard Target Heart Rate):

Example:

A 50 yr old woman who has a resting heart rate of 49, training heart rate for the intensity level 60-85% will calculate as the following:

Minimum Training Heart Rate:

$$220 - 50 \text{ (Age)} = 170$$

$$170 - 49 \text{ (Resting Heart Rate)} = 121$$

$$121 \times .60 \text{ (Minimum Intensity)} + 49 \text{ (Resting Heart Rate)} = 122 \text{ Beats/Minute}$$

Maximum Training Heart Rate:

$$220 - 50 \text{ (Age)} = 170$$

$$170 - 49 \text{ (Resting Heart Rate)} = 121$$

$$121 \times .85 \text{ (Max. Intensity)} + 49 \text{ (Resting Heart Rate)} = 152 \text{ Beats/Minute}$$

The Training Heart Rate Zone will be 122-152 beats per minute = 20-25 10-Second Heart Rate Range

### Fat Burning (60-75%) | Cardio (70-85%)

As you become more fit, your heart will become more efficient at pumping blood to the rest of the body. When at rest, the number of beats per minute slows down.

220 - _____ (Your Age)	A.
_____ (A) - _____ (Your Resting Heart Rate)	B.
_____ (B) x .60 (Minimum Intensity) + _____ (Your Resting Heart Rate)	60% = _____ / 6 _____ <small>=count for 10 second chart</small>
_____ (B) x .85 (Minimum Intensity) + _____ (Your Resting Heart Rate)	85% = _____ / 6 _____ <small>=count for 10 second chart</small>

Disclaimer: This content is subject to change as new health information becomes available. The information provided is intended to be informative and educational and is not a replacement for professional medical evaluation, advice, diagnosis or treatment by a healthcare professional.