

HEART RATE

What Is A Pulse?

Your pulse is your heart rate, or the number of times your heart beats in one minute. Pulse rates vary from person to person. Your pulse is lower when you are at rest and increases when you exercise.

Check your pulse frequently, during exercise. It helps you know if you are working within your “target heart range” and is one measure used to determine how hard you are working.

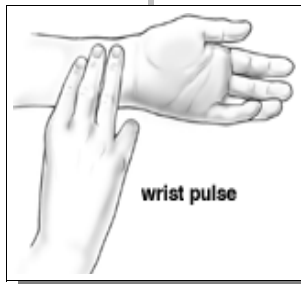
How Do I Find My Maximum Heart Rate

To find your maximum heart rate you take 220 - your age.

How Do I Find My Pulse?

Radial Pulse

- Place palm of hand up.
- Use index and middle fingers.
- Follow your thumb down to base and 1” past wrist.
- Locate the radial bone on thumb side.
- Slide index and middle finger into groove pressing lightly.
- Count the number of throbs. They correspond exactly to the beats of the heart.



Mary is 12 years old:
 $220 - 12 = 208$

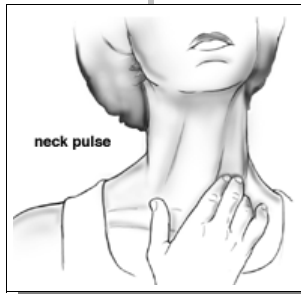
Target Heart Rate

Your target heart rate is 75% - 85% of your maximum heart rate.

Mary’s target heart rate:
 $208 \times 75\% = 156$
 $208 \times 85\% = 177$

Carotid Pulse

- Place finger tips gently on one side of your neck below the jaw bone and halfway between your main neck muscles and wind-pipe.
- Count the number of throbs. They correspond exactly to the beats of the heart.
- Do not count pulse on both sides of neck at once because you may cut off circulation.



When exercising Mary’s heart rate (pulse) should be between

You Try Some

156 - 177 beats per minute.
Resting Heart Rate=_____

Max Heart Rate
 $220 - \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$

Target Heart Rate
 $\underline{\hspace{1cm}} \times 75\% = \underline{\hspace{1cm}}$
 $\underline{\hspace{1cm}} \times 85\% = \underline{\hspace{1cm}}$

Heart Rate after 1 minute of exercise_____

Was your heart rate within your target heart rate?_____

To determine the rate per minute, the number of pulses are counted over one of the following intervals:

- * one entire minute
- * 30 seconds multiplied by 2
- * 15 seconds multiplied by 4

A normal resting heart rate for children ages 6 - 15 is 70 - 100 beats per minute.