

Pulse Check

Monitoring Intensity: Manual Pulse Rate Count

1. Place your first two fingers on the thumb side of your wrist just below the creases. Press lightly, and feel the pulse in your radial artery.
2. Count the number of beats you feel for a period of 10 seconds.
3. Multiply the number of beats by 6 to find your resting heart rate in beats per minute.

Example: 11 beats/10 sec x 6 = 66 beats/minute

Monitoring Intensity: Using a Heart Rate Monitor

If you have difficulty finding or counting your pulse, you may want to wear a heart rate monitor during exercise

- Heart Rate Monitors can be purchased at WalMart (Sports/Fitness Section), National Sports, Sears
- Basic Models priced \$ 50 - 60