

RESTING

PULSE RATE

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CMG Archives

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IMPORTANT

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Introduction

One assessment of fitness level and general wellbeing is the measurement of the Resting Pulse Rate.

Thus being out of shape/condition will be reflected in your Resting Pulse Rate.

Indications of being out of shape/condition include:

- Being out of breath after walking up a flight of stairs
- Chronic muscle tension/tightness
- Feeling exhausted after short periods of exertion
- General tiredness, lethargy, and boredom - you just feel tired and run down most of the time
- Long recovery time after walking up a flight of stairs
- Muscles cramped and aching for days after participating in exercise or sport
- Obesity and overweight
- Poor muscle tone
- Poor muscle tone - your muscles feel soft
- You can't bend over and touch your toes
- You feel exhausted, weak, or shaky after a few minutes of hard work or exercise
- You feel unusually tired the next day after exercising
- You have trouble getting to sleep the night after you have worked hard or exercised
- Your heart continues to pound for ten minutes after exercise

Taking the Pulse

For an accurate Resting Pulse Rate measurement, you must be in a relaxed condition. Ensure that you have been sitting still for at least 2 minutes prior to testing, and have not exerted yourself violently in the previous 5 minutes.

The pulse can be found at the wrist, on the inside of the elbow, and on the side of the lower neck.

Using your first and second fingertips, press firmly but gently on the pulse point (picture right) until you feel a pulse.



Take the number of pulse beats in 20 seconds and multiply the result by 3. Alternatively use a commercial pulse monitor and follow the operating instructions.

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Interpretation of Results

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Resting Pulse Rate (bpm)	Interpretation
80 or higher beats per minute	You definitely need to improve your fitness level
70 - 80 beats per minute	You need more exercise to improve your fitness level
Less than 70 beats per minute	You are likely to be in good shape. Keep up the good work

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Resting Pulse Rate and Allergy Indication

Resting pulse rate can be a useful way to detect an allergy or a negative reaction to something ingested:

- Prior to eating or drinking, take and note your resting pulse rate.
- Retake and note your resting pulse rate 5, 10, 15, 20, 30, and 60 minutes after eating or drinking.

If there has been an adverse/allergic reaction, there will be a significant deviation from the initial resting pulse rate taken prior to ingestion.

End

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