



## HOW DO I CHECK MY HEART RATE?

Your heart rate – or pulse – is the number of times your heart beats per minute. Knowing your heart rate can be an important heart-health gauge. Changes in your pulse may signify a heart condition or other condition that needs to be addressed.

**BEST PLACES TO CHECK PULSE**

- ✓ Wrists
- ✓ Inside of your elbow
- ✓ Side of your neck
- ✓ Top of your foot

Put your finger over your pulse and count the number of beats in 60 seconds. If you're calm, relaxed, and aren't ill, resting heart rate is normally between 60 beats per minute and 100 beats per minute.

American Heart Association.  
Hard Hats with Heart™



## WHAT ARE MY TARGET AND MAXIMUM HEART RATES?

$$220 - \text{YOUR AGE} = \text{Your MAXIMUM Heart Rate}$$

**Calculate Your TARGET Heart Rate**

During **MODERATE INTENSITY ACTIVITY**, aim for about 50–70% of your maximum heart rate.  
*(multiply your maximum heart rate by 0.5 or 0.7)*

During **VIGOROUS PHYSICAL ACTIVITY**, aim for about 70–85% of your maximum heart rate.  
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