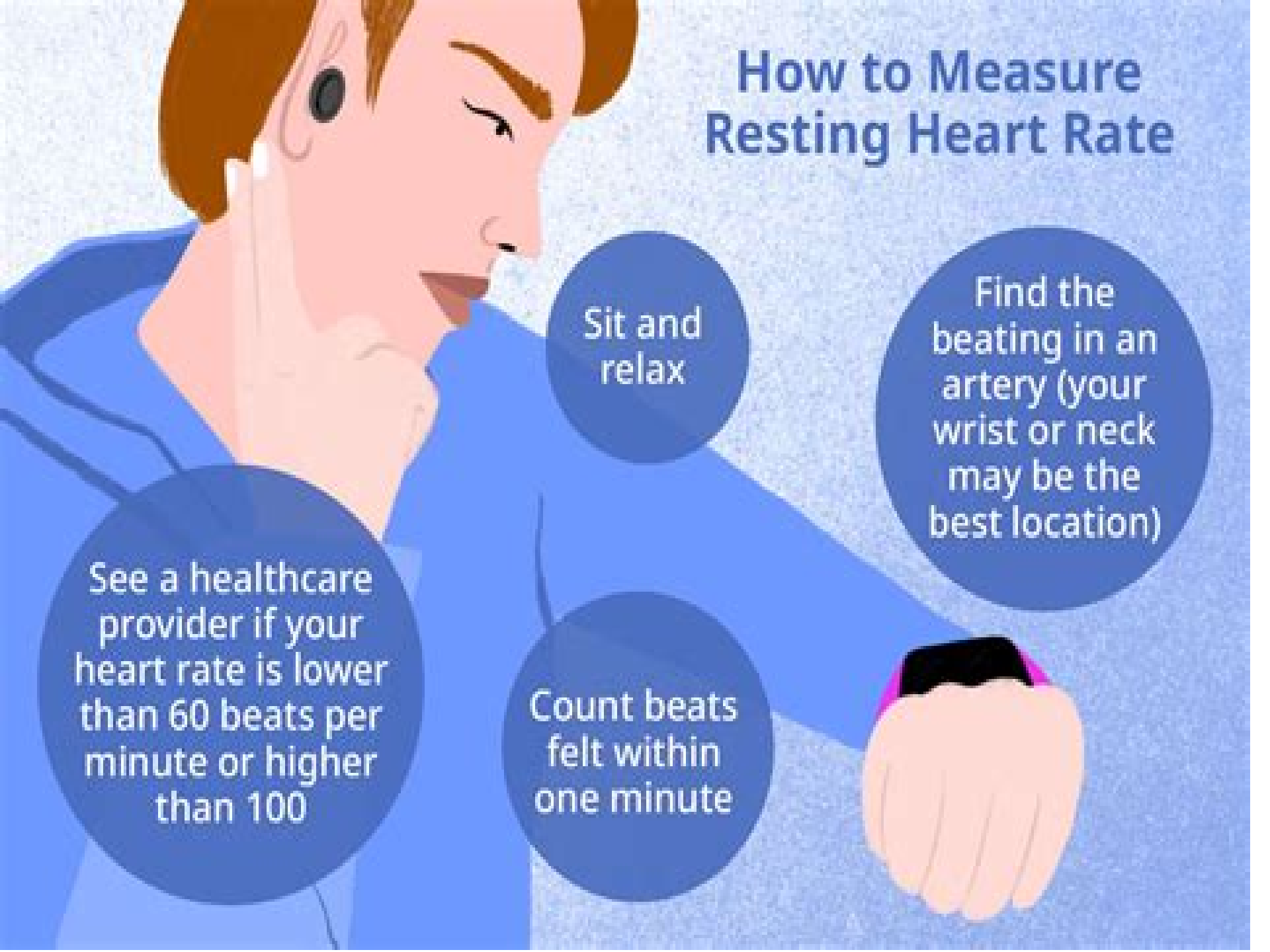


How to Measure Resting Heart Rate

An illustration of a person with short brown hair, wearing a blue long-sleeved shirt, sitting and relaxing. They are shown from the chest up, with their head slightly tilted back and eyes closed. Their right hand is placed on their neck, and their left hand is resting on their wrist. The background is a light blue gradient.

Sit and relax

Find the beating in an artery (your wrist or neck may be the best location)

See a healthcare provider if your heart rate is lower than 60 beats per minute or higher than 100

Count beats felt within one minute

How Do You Check Your Heart Rate Manually

Puja Mehta



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