

How to Check Your Heart Rate:

- 1** Place your index and middle finger on your wrist, right below the base of your thumb.
- 2** When you feel your pulse, use a clock or timer and count the number of times your heart beats in 30 seconds.
- 3** Once 30 seconds is up, multiply the number of beats you counted by two. (A typical resting heart rate is between 60–100 beats.)



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