

## **Health and PE 9**

### **Measuring Your Heart Rate**

In order to compare your heart rate against the heart rate calculations you provide in your fitness log, you will need to determine your heart rate while you are exercising. This can be done manually or through the use of a heart rate monitor. Both methods provide the heart rate information in the number of beats per minute. Instructions for both methods are provided below.

#### **Taking Your Heart Rate Manually**

As your blood pulses through your body, you can feel your heart beat in areas with blood vessels close to the skin. Most often, the inside of your wrist is used to collect your heart rate. Use the following instructions to collect this data:

- Place two fingers on the inside of your wrist closest to the thumb side of your hand
- Count the number of beats for thirty seconds
- Double the number of beats per thirty seconds to calculate your beats per minute

As you take your heart rate manually, never check your pulse with your thumb. This could interfere with your reading. Press firmly so you can feel your pulse, but not so forcefully that you interfere with the rhythm of the pulse.

#### **Using a Heart Rate Monitor**

If you are using an electronic heart rate monitor, please consult the instructions provided by the manufacturer for specific details about your monitor.

Heart rate coding reduces interference from other heart rate monitors that are nearby. To make sure that the code search is successful and ensure trouble-free heart rate monitoring, keep the wrist unit within 3 feet/1 meter of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance.