Heart Rate Monitoring

What is Heart Rate?
Heart rate is defined as the amount of times your heart completes a full cardiac cycle per minute. Or in other words the number of times your heart pumps blood to the rest of your body per minute.

Your heart is a muscle so by exercising, you are helping build your cardiovascular strength.

How do you calculate HR?
You can find your pulse manually on your radial artery (lateral wrist, the inside of your wrist just under the thumb).

Count the number of pulses for 10 seconds and multiply the number you get by 6. This number is your HR! Try it after a activity break!

Tips: - Use light pressure
- Use your index and middle finger. Never your thumb.

The formula to find your maximum heart rate is 220-your age.

HR Zones

For the InPACT study we are working in the moderate-vigorous range of 50-75% of max heart rate (formula to find max HR above). This range is where we see the greatest benefit to overall health.

Become self aware!

RPE Rate of Perceived Exertion

RPE Scale is a way to measure your physical activity intensity level. After an activity break rate how hard you feel your body is working on a scale from 1-10.