

Resting Heart Rate (RHR) Chart

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A Resting Heart Rate (RHR) chart is a reference tool that helps you understand the normal, healthy range of heart rates at rest for different age groups and fitness levels. Your resting heart rate is the number of times your heart beats per minute (bpm) at complete rest. It is an important indicator of your overall cardiovascular health and fitness level.

How to use the RHR Chart:

To use the Resting Heart Rate (RHR) chart effectively, follow these steps:

- 1. Measure your resting heart rate:** Find a quiet place to sit or lie comfortably. Ensure you are relaxed and haven't engaged in physical activity or consumed stimulants (like caffeine) for at least 30 minutes. Use a heart rate monitor or place your index and middle fingers on your wrist, neck, or temple to locate your pulse. Count the number of beats for 60 seconds (or count for 30 seconds and multiply by 2) to determine your RHR in beats per minute (bpm).
- 2. Find your age group:** Locate your age group on the chart's left side. This will give you the appropriate row to reference.
- 3. Compare your RHR:** Compare your measured RHR with the values in the row corresponding to your age group. The categories from left to right are Athlete, Excellent, Good, Above Average, Average, Below Average, and Poor. Your RHR will fall into one of these categories.
- 4. Interpret the results:** The category in which your RHR falls indicates your relative cardiovascular fitness level. A lower RHR generally suggests better cardiovascular health and more efficient heart function. However, consider that individual factors such as genetics, lifestyle, and medical conditions can also influence your RHR.

Remember, the chart is for reference purposes only and should not replace a professional evaluation. Consult a healthcare professional for personalized advice and recommendations if you have concerns about your RHR or overall cardiovascular health.

Age Group	Athlete	Excellent	Good	Above Average	Average	Below Average	Poor
18-25	49-55	56-61	62-65	66-69	70-73	74-81	82+
26-35	49-54	55-61	62-65	66-70	71-74	75-81	82+
36-45	50-56	57-62	63-66	67-70	71-75	76-82	83+
46-55	50-57	58-63	64-67	68-71	72-76	77-83	84+
56-65	51-56	57-61	62-67	68-71	72-75	76-81	82+
65+	50-55	56-61	62-65	66-69	70-73	74-79	80+

Notes: