

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.)



Your Heart

Wolfgang Guggemos



Your Heart:

Waverley Novels: The heart of Mid-Lothian Walter Scott,1895 **Mothers' Counsel to Their Sons** Jennie Carpenter Ritty,1899 **Mary's call to her loving children; or, Devotion to the dying** Mary (the virgin.),1880 **The Works of Aurelius Augustine: Letters. v. 1. Translated by J.G. Cunningham. 1872** Saint Augustine (of Hippo),1872

Edinburgh Medical Journal ,1890 *The Life and Doctrines of Philippus Theophrastus, Bombast of Hohenheim* ,1910

The Rámáyana of Tulsi Dás Tulasīdāsa,1878 **The Golden Book Magazine** ,1929 Machinists Monthly Journal ,1903 Vols 42 57 1930 45 include separately paged reports of secretary treasurer auditor roster of officials and other documents dealing with the activities of the association **The gospel pulpit. Republ** Joseph Charles Philpot,1899

Pastoral letter of the archbishop and bishops of the province of Westminster assembled Westminster province,1871 **Bunyan's Pilgrim's Progress** John Bunyan,1896 A Hymnal as Authorized and Approved for Use by the General Convention of the Protestant Episcopal Church in the United States of America in the Year of Our Lord 1916 Episcopal Church,1916 *Health [a Monthly Devoted to the Cause and Cure of Disease]* ,1907 A Homiletic Encyclopaedia of Illustrations in Theology and Morals Robert Aitkin Bertram,1889 **Memoirs of the American Folk-lore Society** ,1927 *The Scattered Nation* ,1898 *Carrie Hamilton, Or, the Beauty of True Religion* Mary Andrews Denison,1855 The Bible Songs Hymnal ,1927 *Reasons why the priests of Rome deny the laity under their charge the divine right of private judgment, by an Irish layman [F. Bell].* Francis Bell (of Portadown.),1883

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