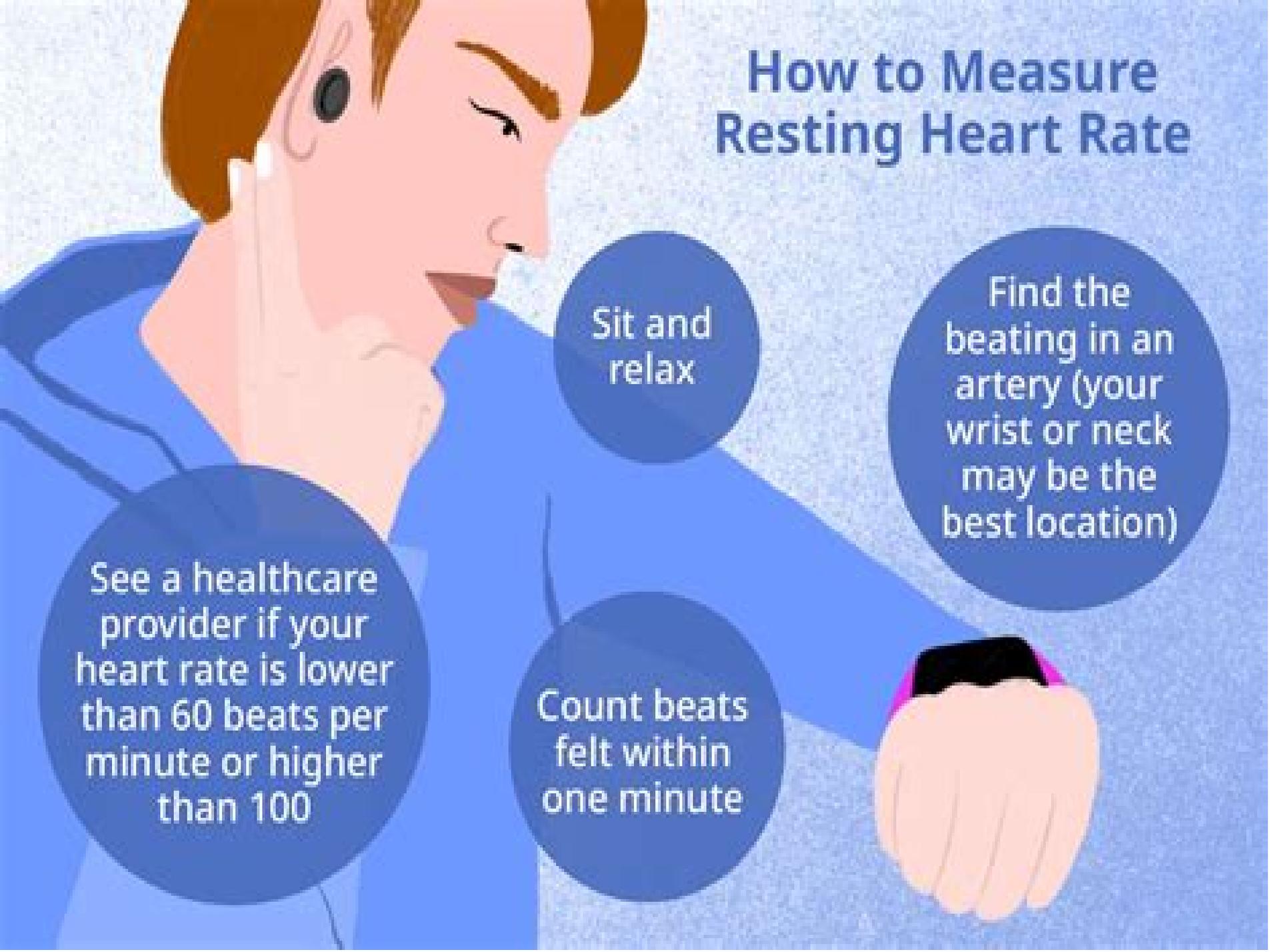


How to Measure Resting Heart Rate



Sit and relax

Find the beating in an artery (your wrist or neck may be the best location)

See a healthcare provider if your heart rate is lower than 60 beats per minute or higher than 100

Count beats felt within one minute

With A High Heart

Guillaume Favre



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