Home Fitness Test: Resting Heart Rate

Sometimes it is a good idea to assess your fitness level. You don't need to spend a lot of dough and have a trainer put you through the wringer. There are some great tests you can do in the comfort of your own home. The test explained below you can do in the comfort of your own bed!

Resting Heart Rate Test
Assess: Level of Aerobic Fitness

The number of times your heart beats per minute, when you are at rest, indicates the strength and efficiency of your cardiovascular system. A strong heart is able to pump more blood with every beat, so you want a low resting heart rate (RHR). A lower RHR tends to correspond with a higher aerobic fitness level. Rumor has it that at the peak of Lance Armstrong's career, his RHR was only 32 beats per minute.

How to do the test:

1. Before you get out of bed in the morning, take your pulse, by placing two fingers on your wrist or place your index and third fingers on your neck to the side of your windpipe.
2. Count the number of beats you feel in 60 seconds (or the number you feel for 15 seconds then multiply that number by four). When counting, <u>count the first beat as zero.</u>
3. The number of beats you count in 60 seconds is your RHR.

What the numbers mean:

- 60 or less = Good
- 61-80 = Average
- 81-100 = High, but acceptable
- 101 or more = abnormally high and not good!

The great thing about this test is that as your RHR lowers you know you are getting more fit!