

# RESTING HEART RATE

What It Is And Why You Should Care

## 4 reasons to track your RHR:

-  It's a good gauge of cardiovascular health
-  It helps you track your fitness level
-  It may alert you to illness or health issues
-  It can help you avoid overtraining

Fitbit offers wrist-based heart tracking with PurePulse technology.

Learn more at [fitbit.com/purepulse](https://fitbit.com/purepulse).

\*Mayo Clinic \*\*The Copenhagen Male Study, 2013.

## GIMME A BEAT: Heart Healthy Tips

Taking care of your ticker should be a top health priority. An important indicator of cardiovascular health is your resting heart rate (RHR), which is the number of times your heart beats per minute when you're awake and relaxed. A normal RHR for adults is 60-100 beats a minute.

*Studies show that the lower your RHR, the better your cardiovascular fitness, and the longer you may live.*

**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

