The Importance of a Lower Resting Heart Rate to Your Health

Your heart rate is another way to say the number of times your heart beats per minute. This varies between people, but knowing your heart rate, and how it tends to change during rest and exercise, helps you monitor your own health. A lower heart rate when you're at rest usually indicates a healthier heart.

Your Resting Heart

When you're at rest, and you're calm, relaxed and well, your heart rate should be between 60 and 90 beats per minute. Basically, your heart lowers its rate to pump the necessary amount of blood, and no more. People who exercise a lot may have a resting heart rate of around 40, although it is worth noting that inactive people who take beta blockers may also have a similarly low heart rate.

Pump It Up, Slow It Down

When you exercise regularly, your heart is strengthened. When you are at rest, the strengthened heart doesn't need to do as much work. This means it can pump oxygenated blood efficiently around your body at a lower rate. The health benefit of a lower resting heart rate is that you are at less risk of heart disease.

OK how do we lower your Resting Heart Rate??

The more fit you are, the lower your resting heart rate will be. Most people have a resting heart rate that falls between 60 and 90 beats per minute. Your heart rate tends to rise as you get older, and genetics also play a role. A low resting heart rate may lower your risk of death, particularly from heart disease. A study published in "The Journal of the American Medical Association" in 2011 found that study participants whose resting heart rates rose from under 70 to over 70 during a 10-year period were 90 percent more likely to have died during that period.

Lowering your resting pulse rate is possible with a healthy exercise routine and lifestyle changes. Engage in at least 150 minutes per week of moderate exercise or 75 minutes of vigorous exercise per week. Regular exercise can help you lose weight if you need to and keeps your heart healthy, both of which can help lower your resting pulse rate.

In EVO’s terms, if you attend 2 or more classes a week here at Evolution Leisure your resting heart rate will come down...... Book in with the team today to check your heart rate and set a plan to improve your resting heart and in turn be on your way to a healthier lifestyle with us!