

The variable analysis of heart rate

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Meyer M. The variable analysis of heart rate. *Curr Res Cardiol* 2021;8(2): 2.

DESCRIPTION

A normal resting heart rate for adults will be between 60 and 100 beats per minute. Generally, a lower resting heart rate means more efficient heart function which is better cardiovascular fitness. A well-trained athlete may usually have a normal resting heart rate of around 40 beats per minute. To measure your heart rate, you must simply check your pulse. Place the index and middle fingers next to the windpipe on the side of the neck. To measure your heart rate at your wrist, place two fingers between your bone and tendon of your radial artery, which is on the thumb side of your wrist? When you feel your pulse, count the number of beats in 15 seconds. Multiply that number by four to get your beats per minute.

It is easier to feel the pulse in some parts of the body: the inside of the wrists, the inside of the elbows, the sides of the neck, and the balls of the feet. Place the tips of your index and middle fingers on your skin. Press gently until you feel the blood throbbing under your fingers. You may have to move fingers until you feel it. Count the beats you feel for 10 seconds and multiply that number by six to get your heart rate (or pulse) per minute.

Although there is a wide range of normal values, an unusually high or low heart rate may indicate an underlying problem. Contact your doctor if your resting heart rate is consistently above 100 beats per minute (tachycardia) or if you are not a trained athlete and your resting heart rate is less than 60 bpm (bradycardia), especially if you have other signs or symptoms such as fainting, dizziness, or trouble breathing.

Heavy Training is the best way to lower your resting heart rate and increase your maximum heart rate and aerobic capacity. Because it is impossible to maintain a maximum heart rate for more than a few minutes, physiologists have recommended setting a target percentage of your maximum heart rate while exercising. When starting an exercise program, you should set your target frequency to 50% of maximum and gradually increase the intensity of your exercise until you reach 70% to 80%. However, if you don't exercise regularly, you should consult your doctor before setting a target heart rate. Some medications, especially beta-blockers, can reduce your heart rate. Your doctor can help you set realistic goals.

You should always be careful to take good care of your heart. This includes exercising regularly, eating a variety of heart-healthy foods, minimizing alcohol consumption, and managing your weight. You should also see your doctor regularly for physical exams. This is not only good practice; it can also help with early detection of things like high cholesterol or blood pressure abnormalities. If you already have heart disease, you should carefully monitor your condition and stick to your treatment plan. Take all medications as directed by your doctor. Make sure to report any new or worsening symptoms. Heart muscle relies only on aerobic metabolism regarding energy. Severe myocardial infarction also can lead to a decrease in the heart rate.

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Received date: September 02, 2021; **Accepted date:** September 16, 2021; **Published date:** September 23, 2021



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