

IS YOUR HEART RACING AS YOU'RE READING THIS?

YOUR BODY MAY BE TRYING TO TELL YOU SOMETHING.

A high resting heart rate means your heart is working extra hard to pump blood through your body. That extra effort could affect your health, including feelings of dizziness and fatigue, blood clots, heart failure and, in rare cases, sudden death.

HOW TO CHECK YOUR RESTING HEART RATE

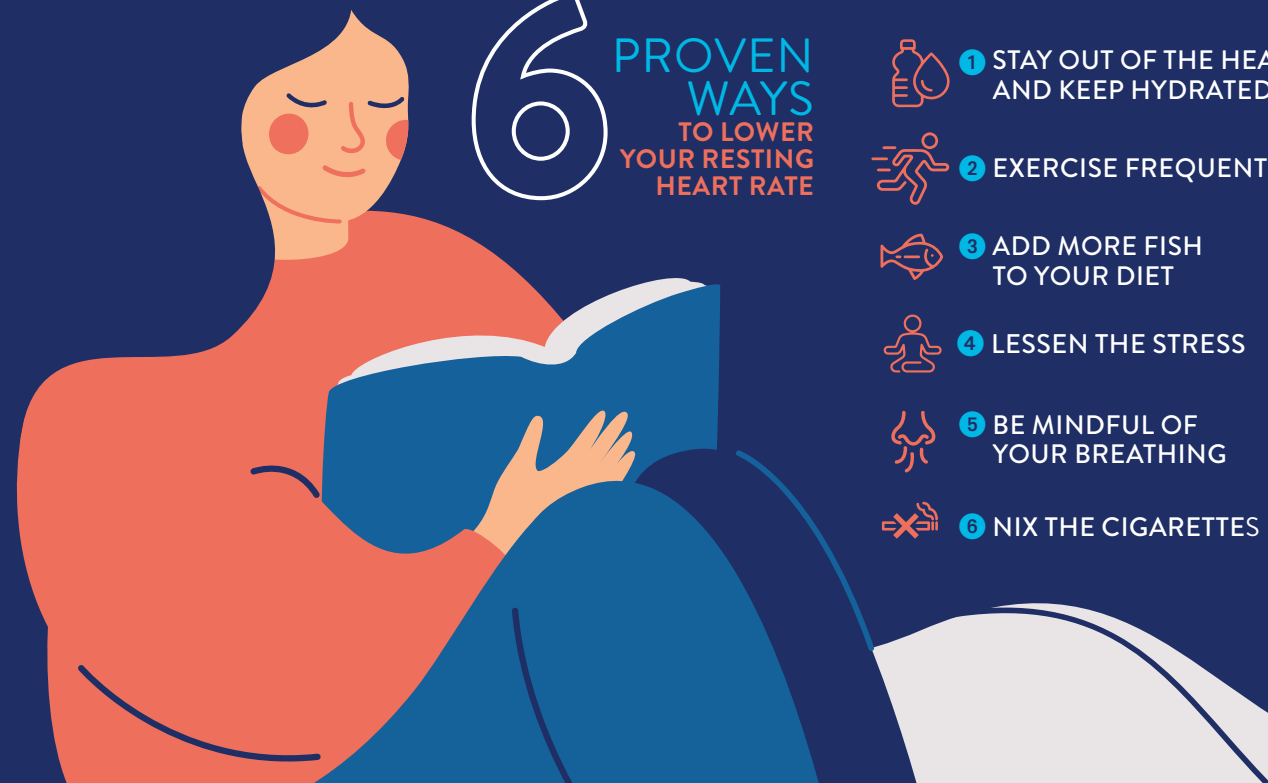
While sitting still, hold your pointer and middle finger between your bone and tendon on the thumb side on your wrist until you feel your pulse, and count the number of beats for a minute – that is your resting heart rate.

NORMAL HEART RATE: 60-100 beats per minute
HIGH HEART RATE: More than 100 beats per minute



6 PROVEN WAYS TO LOWER YOUR RESTING HEART RATE

-  1 STAY OUT OF THE HEAT AND KEEP HYDRATED
-  2 EXERCISE FREQUENTLY
-  3 ADD MORE FISH TO YOUR DIET
-  4 LESSEN THE STRESS
-  5 BE MINDFUL OF YOUR BREATHING
-  6 NIX THE CIGARETTES



ARE YOU AT RISK FOR HEART DISEASE?

Screenings such as a CT Calcium Scoring Scan and AngioScreen can identify risk of heart disease or stroke. Schedule an appointment or find a physician at [HMHasHeart.com](https://www.HMHasHeart.com).



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WE CARE WITH ALL OUR HEARTS, FOR EVERY HEART.



When it comes to matters of the heart, at Hackensack Meridian Health, we're ready. With world-class cardiovascular physicians and the latest revolutionary procedures, we're here for everything from screenings and emergencies to advanced heart failure. And we care with all our hearts for the well-being of every patient.

To learn more visit [HackensackMeridianHealth.org/Ready](https://www.HackensackMeridianHealth.org/Ready).



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