

RESTING HEART RATE

What It Is And Why You Should Care

Resting heart rate (RHR) is one of the most important indicators of cardiovascular health. RHR 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.¹ Studies show that the lower your RHR, the better your cardiovascular fitness, and the longer you may live.²

4 REASONS TO TRACK YOUR RHR

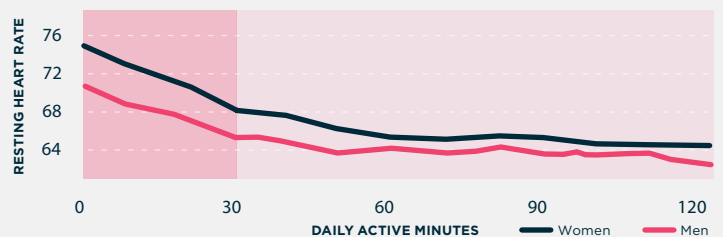
- It's a good gauge of cardiovascular health
- It helps you track your fitness level
- It may alert you to illness or health issues
- It can help you avoid overtraining

TRAIN YOUR TICKER

RHR is usually lower for physically fit people because their heart muscle is in better condition. An extra 15-20 minutes of activity per day can lower your RHR.²

ACTIVE MINUTES' AWESOME EFFECT

The AHA and CDC recommend at least 30 minutes of moderate to intense daily activity. Fitbit users with more active minutes tend to have a lower RHR.³



¹ Mayo Clinic

² Health, "Elevated resting heart rate, physical fitness and all-cause mortality: a 16-year follow up in the Copenhagen Male Study," 2013.

³ Aggregated and anonymized data from over 1 million Fitbit users May 2015 - November 2015.