

Pulse Taking

Where to find your pulse:



1. Wrist - below the base of the thumb (Radial Artery Pulse)
 - Place 2 to 3 fingers on your wrist below the base of your thumb
 - Apply light pressure until you feel a heartbeat



2. Neck below the angle of the jaw (Carotid Artery Pulse)
 - Place 2 to 3 fingers on the side of your neck beside your Adam's apple in the hollow area
 - Be careful you do not press too hard; there is a risk of becoming lightheaded

How to count your pulse:

- You will need something to time yourself counting. Use a stopwatch or a second hand on your watch
- Count the number of beats you feel while you time yourself for 10 seconds

When to take your pulse:

- Before you exercise (at rest) (before you warm up)
- Immediately at the end of your exercise (exercise rate) (before you cool down)