



# Pulse High Beam Module Lights

Pulse site, tools and resources for University of Utah Health. Available to active employees, active students, and active POI.

What is a normal heart rate? Your pulse, both at rest and during exercise, can reveal your risk for heart attack and your aerobic capacity. A healthy heart doesn't beat with the regularity of ...

For most adults, a resting heart rate range of 60 to 100 beats per minute (bpm) is typical: However, a number of factors--including physical activity levels, stress and medication--can impact ...

To measure the pulse at your wrist, place your index and middle finger over the underside of your opposite wrist, below the base of the thumb. Press with flat fingers until you feel the pulse.

As you feel your pulse beat under your fingers, count the number of times it beats in 15 seconds. Multiply this number by four to calculate the beats per minute.

Heart rate is how many times your heart beats per minute (bpm). A normal resting heart rate for most adults is 60 to 100 bpm. Factors that can affect your heart rate include emotions, ...

What's the difference between blood pressure and heart rate? Blood pressure is the force of your blood while moving through your vessels. Heart rate (pulse) is the number of times your ...

And that brief rise in pressure creates your pulse, which allows you to feel and count your heart rate. Pulse is a way to measure your heart rate.



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Web: <https://www.safireschools.co.za>

