



THE BEAT ON RESTING HEART RATE



Resting heart rate (RHR) is the number of times your heart beats per minute when you're awake and relaxed, and it's an important indicator of your fitness level and overall cardiovascular health.

50-90 BEATS PER MINUTE (BPM)

is the typical resting heart rate range for adult Fitbit users¹



Studies show that a lower resting heart rate is a strong predictor of longer life²

4 REASONS TO WATCH YOUR RHR



GAUGE
CARDIOVASCULAR
HEALTH



TRACK
YOUR FITNESS
LEVEL



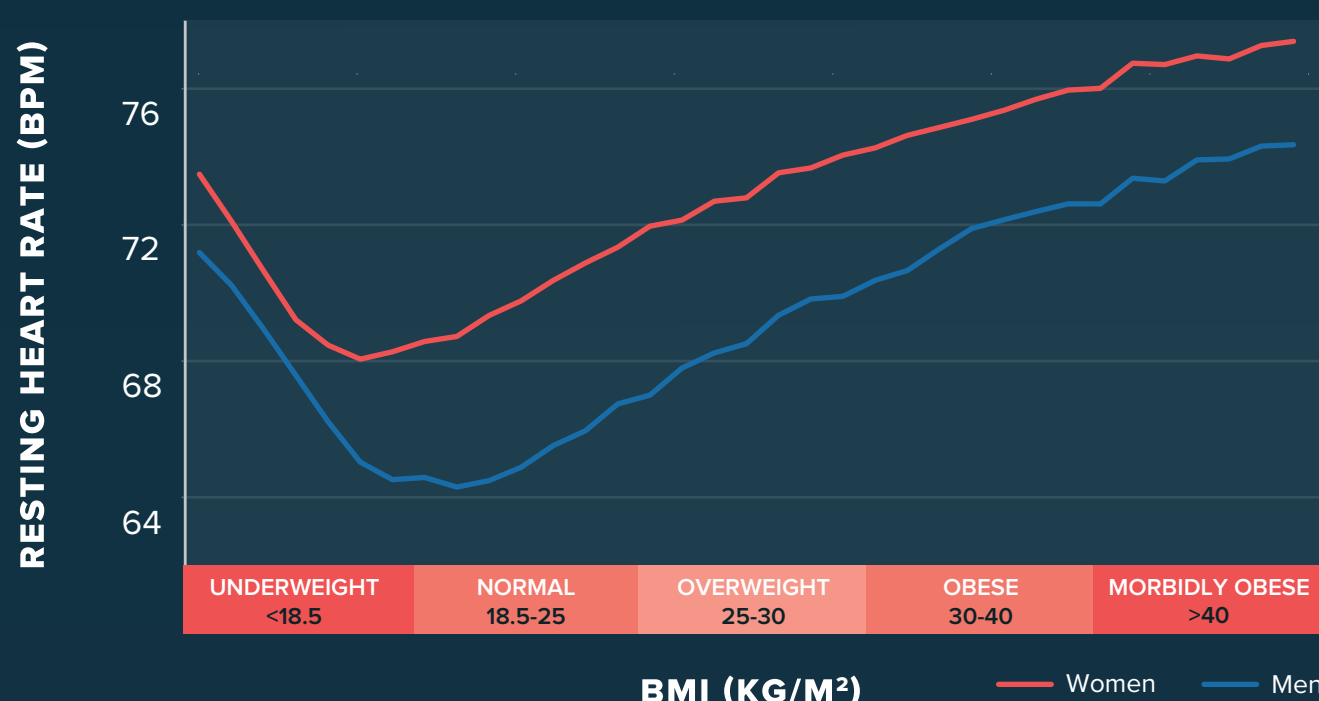
MAY SIGNAL
ILLNESSES OR
HEALTH ISSUES



AVOID
OVERTRAINING

BODY FAT PLAYS A PART

Fitbit data shows a correlation between resting heart rate and Body Mass Index (BMI).¹

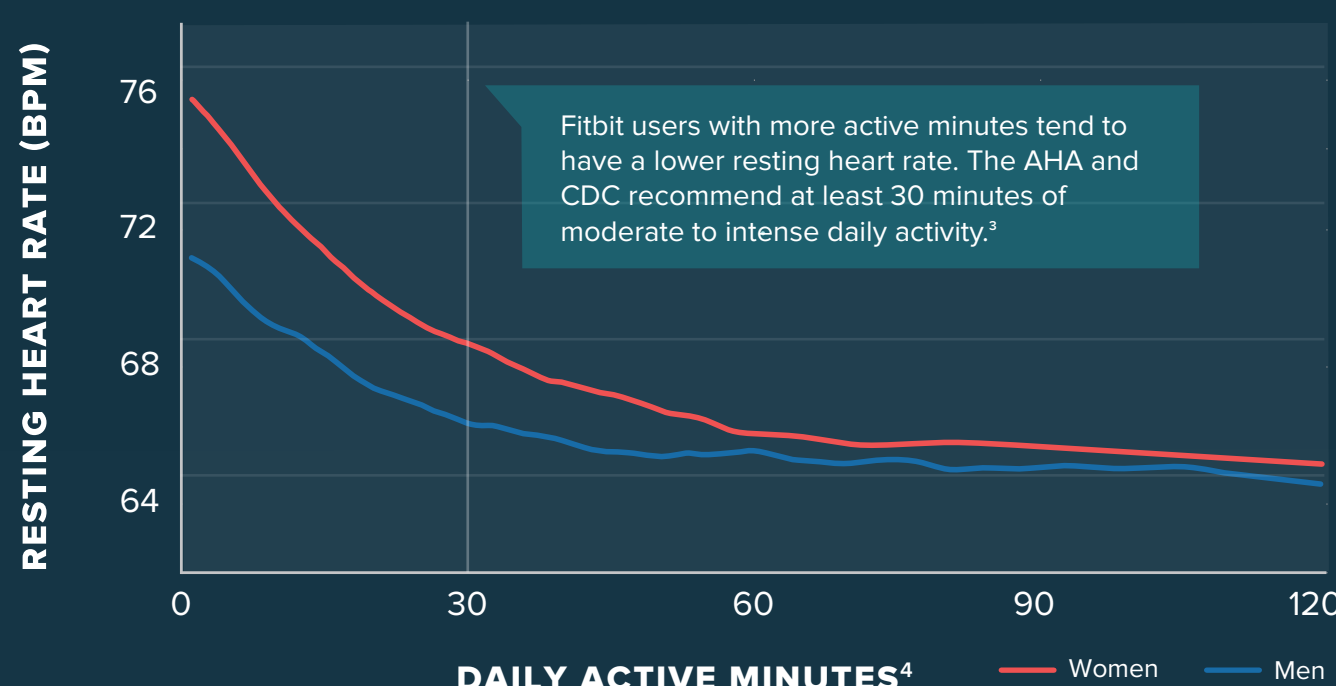


UNDERWEIGHT & OVERWEIGHT Weighing too much or too little can elevate your RHR

MEN VS. WOMEN On average, RHR is 4 BPM lower in men than women

NORMAL VS. OBESE RHR is significantly higher for the obese & morbidly obese

THE AWESOME EFFECT OF ACTIVE MINUTES¹



TAKE STEPS TO GET YOUR HEART IN SHAPE

Looking to improve this awesome organ? RHR is usually lower for physically fit people because their heart muscle is in better condition.⁵

An extra 15-20 minutes of activity per day can lower your RHR.¹



WALKING



RUNNING



BIKING



ELLIPTICAL



DANCE



START TRACKING YOUR TICKER

Seeing your resting heart rate and your trends over time can help you learn more about your fitness level and optimize your health and exercise efforts.

Get started by using a Fitbit tracker with PurePulse™ technology like Fitbit Surge, Fitbit Blaze or Fitbit Charge HR, which track your heart rate continuously—right on your wrist—without an uncomfortable chest strap.⁶ Learn more at fitbit.com/purepulse.



¹This information was determined using aggregated and anonymized data from over 1 million Fitbit users between May 2015 – November 2015.
²Health. "Elevated resting heart rate, physical fitness and all-cause mortality: a 16-year follow-up in the Copenhagen Male Study." June 2013
³American Heart Association and Centers for Disease Control & Prevention.

⁴All Fitbit trackers calculate active minutes using metabolic equivalents (METs), with users earning active minutes for activities at or above about 3 METs.
⁵American Heart Association & Mayo Clinic.
⁶Fitbit trackers are designed to provide meaningful data to our users to help them reach their health and fitness goals, and are not intended to be scientific or medical devices.