

# Watch your Pulse

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## What is your pulse?

Your pulse is your heart rate, or the number of times your heart beats in one minute. Pulse rates vary from person to person. Your pulse is lower when you are at rest and increases when you exercise (more oxygen-rich blood is needed by the body when you [exercise](#)).

## How to take your pulse

1. Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
2. Press lightly with your fingers until you feel the blood pulsing beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing.
3. Use a watch with a second hand, or look at a clock with a second hand.
4. Count the beats you feel for 10 seconds. Multiply this number by six to get your heart rate (pulse) per minute.

Count your pulse: \_\_\_\_ beats in 10 seconds x 6 = \_\_\_\_ beats/minute

A fun way to count your pulse is by “watching” it. Below are the steps to watch your pulse.

1. Find your pulse (use the steps above)
2. Make a small disc out of clay and place it on your wrist where your pulse is.
3. Put 3 straws in the clay
4. Rest your wrist on a table and the straws will move with each beat of your pulse.
5. Try it before and after exercising.