

# WAYS TO LOWER YOUR Resting Heart Rate

A lower resting heart rate means your body's pumping blood efficiently. A higher resting heart rate means your heart's working harder to circulate blood.

When it comes to hearts, working hard isn't what we want. **A normal resting heart rate for adults is between 60 and 100 beats per minute.** Anything higher means your heart has to break a sweat to keep blood pumping, and that's a bad sign.

**If your heart rate is high, try some of these simple tips to lower it.**

## 5 Ways to Lower Your Resting Heart Rate

**MORE EXERCISE** Yes, your heart rate temporarily rises when you exercise – but just like how bodybuilders put stress on their muscles to gain strength, exercising can strengthen your heart. Cardio-based workouts are especially effective at lowering your resting heart rate.

**LESS STRESS** It's easier said than done, but one of the best ways to lower blood pressure is to reduce the amount of stress in your life. To start, look for little sources of stress that you can cut from your life without consequence.

**MORE FISH** A study by the American Heart Association showed that more fish in your diet leads to a lower resting heart rate. If foods like salmon and tuna don't suit your taste, talk to a medical professional about fish oil supplements instead.

**LESS HEAT** When your environment is hot, your heart has to work harder to produce sweat and keep your skin cool. If your heart rate leans high, seek out cooler temperatures and drink lots of water.

**BETTER BREATHING** Daily breathing exercises can improve your resting heart rate. Breathe slowly through your nose for five seconds, hold it for just a moment then exhale very slowly for fifteen seconds. Do this for five minutes a day, and the results will come in time.

## How Low Is Too Low?

The human heart can become incredibly efficient at pumping blood. For example, champion cyclist Lance Armstrong was said to have a resting heart rate of 32 beats per minute in his prime. It's perfectly possible (and healthy) to achieve low resting heart rates with due time and dedication to fitness.

When your resting heart rate suddenly drops to much lower than normal, however, you should seek immediate attention from a healthcare professional. An abrupt plunge in beats per minute is typically the symptom of a dangerous medical episode.