

INFORMATION SHEET

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Three ways to monitor your heart health from home

Additional Resources

- [American Heart Association](#)
- [Heart & Stroke Foundation](#)
- [Recommended Blood Pressure Monitors](#)

Over the last few years, it's become obvious that the world is unpredictable. Many of us have had to become our own health advocates. Or at the very least, we now know that monitoring our own health is just as important as heading to our regular check-up.

In order to support you with this, we wanted to provide three quick ways that you can use to monitor your heart health when you're away from our office.

3 ways to monitor your heart health:

1. Monitor your heart rate
2. Monitor your blood pressure
3. Monitor your breathing



3 ways to monitor your heart health

Monitor your heart rate

Whether this is through a smart watch or a stopwatch, monitoring your heart rate can be an important indicator of your heart health. According to the American Heart Association, a normal resting heart rate should fall between **60 beats and 100 beats per minute**. This can vary so make sure you speak to your doctor to verify that this range is appropriate for you.

Monitor your blood pressure

For this, we would recommend that you purchase your own blood pressure monitor - however, your local Shopper's Drug Mart will typically have a machine that is free to use.

For most people, a blood pressure of **120/80 mm Hg** would signify a healthy heart. Again, verify this information with your doctor.

Monitor your breathing

Generally speaking, your breathing is also an indicator for your heart health. If you're able to get through moderate to intense exercise **without** shortness of breath or any other cardiac symptoms, that is a sign of a healthy and active heart!



"No one will care more about your health than you do"