

Forbes HEALTH

Different levels of heart rate might reflect certain medical conditions, says Dr. Mianun. However, it doesn't always necessarily mean there's something going on. And that's why heart rate is important—because it can be a hint to at least consider exploring those possibilities.”

Normal Resting Heart Rate Chart By Age

Normal heart rate varies, according to your age. Below is the normal heart rate by age, according to the National Institutes of Health.

AGE	NORMAL RESTING HEART RATE
Newborns ages 0 to 1 month	70 to 180 bpm
Infants 1 to 11 months old	80 to 160 bpm
Children 1 to 2 years old	80 to 130 bpm
Children 3 to 4 years old	80 to 120 bpm
Children 5 to 6 years old	75 to 115 bpm
Children 7 to 9 years old	70 to 110 bpm
Children 10 years and older and adults (including seniors)	60 to 100 bpm
Athletes in top condition	40 to 60 bpm

amazon prime

9.2 IMDb

IT IS NOT JUST A SERIES. IT'S AN EMOTION.

ASPIRANTS

NEW SEASON