

# resting heart rate *(rest-ing-heart-rate)*

## Definition

n. The number of times the heart beats per minute while at rest, often used as an indicator of cardiovascular fitness.

## Example Sentence

A lower **resting heart rate** is generally a sign of good cardiovascular health.

## More Example Sentences

Doctors often measure **resting heart rate** to assess a patient's fitness level.

## Synonyms

basal heart rate; pulse rate; heartbeat

## Antonyms

active heart rate; exercise heart rate; stress heart rate

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