

# Your Pulse and Target Heart Rate

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person:
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{articles}

Your Pulse and Target Heart Rate

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{/articles}

This is a carousel with rotating slides. It is not auto-rotating. Use Next and Previous buttons to navigate.

Previous Article

{articles limit="5" orderby="random"}

[Your Pulse and Target Heart Rate](#)



Image not found or type unknown

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Next Article

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- [{widget:widget\\_content:tab\\_title}](#)

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**[Appointment: 651-290-8707](#)****[Refer a Patient: 651-325-2200](#)** **[Pediatric Expert Consult](#)** **[More Ways to Contact Us](#)**

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at **[651-229-3890](#)**.