

Heart Rate Chart

Learn more about heart rate basics and use these heart rate charts to help you understand and improve your overall cardio fitness. Understanding the different types of heart rates and what they represent, you can measure your overall cardio heart health.

| Target Heart Rate During Exercise | |
|-----------------------------------|--------------------------|
| Age | Min-max Heart Rate (BPM) |
| 40 | 108 - 144 |
| 45 | 105 - 140 |
| 50 | 102 - 136 |
| 55 | 99 - 132 |
| 60 | 96 - 128 |
| 65 | 90 - 120 |
| 70 | 90 - 120 |
| 75 | 87 - 116 |

Q: What is your heart rate reserve?

A: The heart rate reserve is the difference between your Max HR and your Resting HR. For instance, if your Max HR is 150 bpm and your resting HR is 65, this means your heart rate reserve is 95. ($150 - 65 = 95$)

Q: What is a safe heart rate?

A: Your "safe heart rate" is a heart rate that is prescribed to help moderate and supervise your exercise training so that you don't over do it. This range is typically about 60% of the maximum heart rate and helps to reduce the amount of stress on the heart while gaining good effects of exercise. This is especially important if you have a heart condition or just starting an exercise regime.

Q: What is a target zone?

A: A target zone is a heart rate range that helps you maintain an intensity level while you work out. There are different target zones for different types of athletes and levels of exercise you are following. A

WOMEN: $226 - \text{your age} = \text{age-adjusted Max HR}$

MEN: $220 - \text{your age} = \text{age-adjusted Max HR}$

Example: If you are a 30-year-old woman, your age-adjusted maximum heart rate is $226 - 30 \text{ years} = 196$ bpm (beats per minute).

*note that this formula allows you to estimate your Max HR. Be sure to consult with your exercise trainer and doctors for the most effective rates that are customized to your health.

Heart Rate Charts:

| Heart Rate Chart: Babies to Adults | |
|------------------------------------|------------------------|
| AGE | Beats Per Minute (BPM) |
| Babies to Age 1 | 100 - 160 |
| Children ages 1-10 | 60 - 140 |
| Children age 10+ and adults | 60 - 100 |
| Athletes: | 40 - 60 |

| Target Heart Rate During Exercise | |
|-----------------------------------|--------------------------|
| Age | Min-max Heart Rate (BPM) |
| 15 | 123 - 164 |
| 20 | 120 - 160 |
| 25 | 117 - 156 |
| 30 | 114 - 152 |
| 35 | 111 - 148 |

Knowing how to measure a maximum heart rate, and understanding how to target your heart rate zone while exercising can set the stage for successful weight loss, get the maximum benefits of any exercise regime and ultimately help you to understand the overall health of your heart.

Q: What is a heart rate?

A: The average number of heart beats per minute; a heart beat is when the heart contracts to pump blood through your system.

Q: What is a resting heart rate?

A: Resting heart rate is the number of beats in one minute while you are at a complete rest state. Your resting heart rate indicates your basic overall heart health and fitness level. The more conditioned your body is, the less effort it needs to make to pump blood through your body.

Q: What is a recovery heart rate?

A: This is the heart rate your body will drop to after two minutes, after stopping an exercise session. For instance you exercised for 30 minutes and your heart rate was at 155. Two minutes after you stopped exercising, your heart rate then decreased to 95. This recovery heart rate measure helps to evaluate your overall heart fitness level. Use this measurement to compare between exercise sessions.

Q: What is a maximum heart rate?

A: A maximum heart rate (Max HR) is the highest number of beats your heart contracts during a one minute measurement. Max HR is a useful tool to measure training intensities and typically is used to measure or predict the level of exercise. It's always good to measure your Max HR while doing exercises to ensure you stay within a safe range or use it to measure if the exercise is actually working well enough to raise your heart rate to acceptable ranges and levels.

Q: How do I measure a Max HR?

A: The best method of determining your individual maximum heart rate is to be clinically tested and monitored on a treadmill. This is called a treadmill stress testing and is done by a cardiologist or certified physical therapist. Based on your age and physical condition, a formula is used to predict your Max HR. The other method is by using an age-predicted maximum heart rate formula:

target zone typically correspond with a specific exercise goal and helps to effectively grade if an exercise is actually working for you or overworking you.

| Fitness Target Zones: Heart Rates | | |
|-----------------------------------|--|----------------------------|
| Exercise Level | Benefits | Intensity Level (Max HR %) |
| Light Exercise | Healthy Heart Maintenance | 50% - 60% |
| Weight Loss | Burn Fat & Calories | 60% - 70% |
| Base - Aerobic | Increase stamina & endurance | 70% - 80% |
| Conditioning | Fitness conditioning, muscle building, and athletic training | 80% - 90% |
| Athletic - elite | Athletic training and endurance | 90% - 100% |

Select which level represents your physical condition and then locate the Heart Rate Zones for your age from the Target Heart Rate Chart. For Example: if you want to burn fat to lose weight, select your favorite exercise and keep within 60-70% of your maximum heart rate; based on your age, for at least 30 minutes a day, 3 times a week.

Exercise: 7 benefits of regular physical activity

You know exercise is good for you, but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life.

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways exercise can improve your life.

No. 1: Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. You don't need to set aside large chunks of time for exercise to reap weight-loss benefits. If you can't do an actual workout, get more active throughout the day in simple ways — by taking the stairs instead of the elevator or revving up your household chores.

No. 2: Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

No. 3: Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

No. 4: Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.