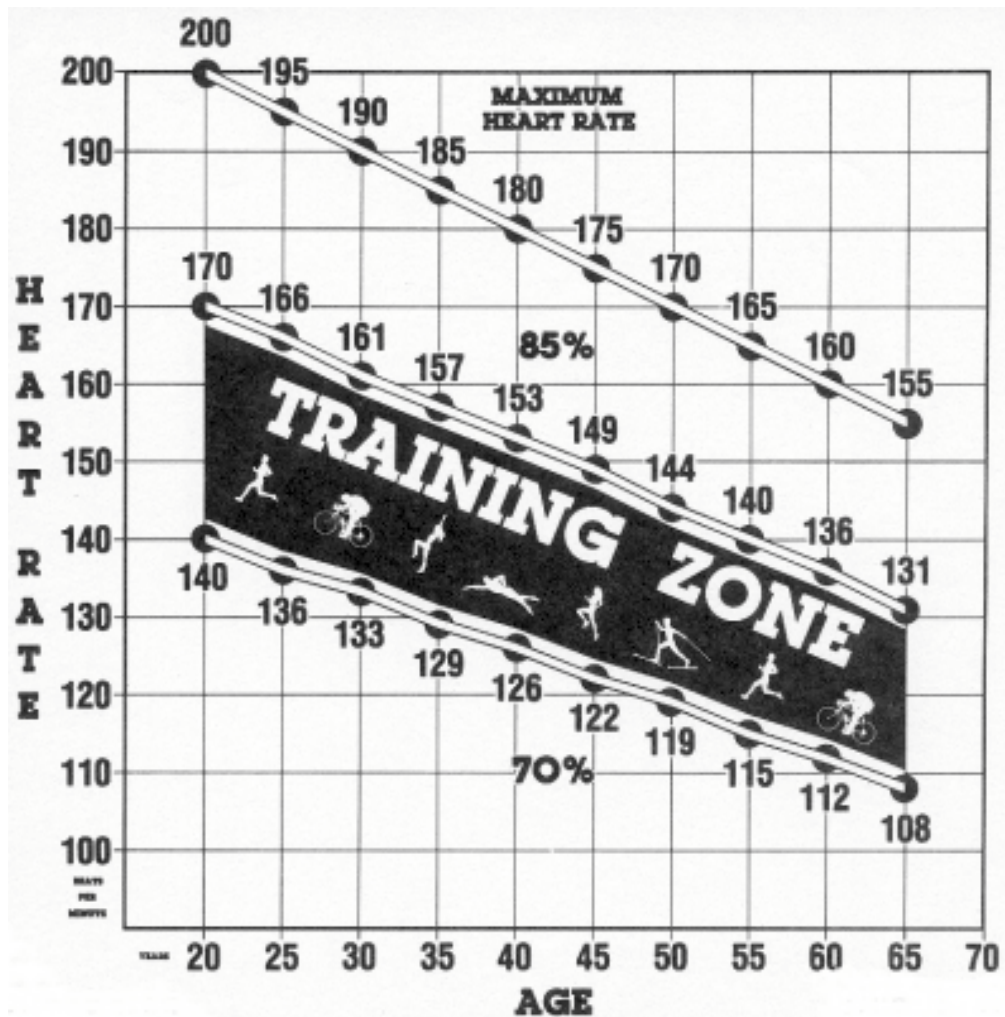


TARGET HEART RATE

(After viewing and/or printing, please click your "back" button to return to the Heritage web site.)



Your Training Zone

Monitoring your heart rate is the easiest way to determine if you are exercising at an effective and safe level. Each person has a training zone (Target Heart Rate) at which there is enough activity to produce cardiovascular fitness, but not too much to exceed a safe level.

The training zone for each individual is between 70% and 85% of one's maximum heart rate. Exercising below 70% of one's maximum heart rate will have little effect on improving your fitness level. Exercising above the 85% level will only produce a little extra cardiovascular improvement from a great deal of extra effort and intensity.

MAXIMUM HEART RATE. Estimate of the fastest possible rate at which your heart can beat. Reaching your maximum heart rate can be dangerous because you may be working at a harder rate than your heart can handle.

TRAINING ZONE (Target Heart Rate). 70% to 85% of your maximum heart rate is the range each person should work to improve the heart and cardiovascular system's ability to circulate blood.

Finding Your Training Zone

Your approximate training heart rate zone can be determined by using the above chart and/or the formulas below.

- Beginner – $(220 - \text{Your Age}) \times 60\%$
- Intermediate – $(220 - \text{Your Age}) \times 70\%$
- Advanced – $(220 - \text{Your Age}) \times 85\%$

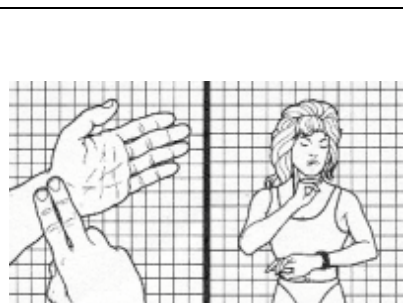
Note: The training zone values calculated from the formulas above are only “averages”. If in doubt about your particular range, consult your physician before starting an exercise program.

To determine a more accurate measurement of your training zone use the Karvonen formula.

1. Take your pulse in the morning before getting out of bed.
2. Subtracting your age from 220 (for men) and 226 (for women) can determine your maximum heart rate.
3. Subtract your resting heart rate from 220 or 226.
4. Multiply by .70 (for 70%).
5. Add your resting heart rate, which will give you the heart rate at your 70% level.
6. To find the upper training level (85%), repeat the same steps using .85 instead of .70 in step #4.

For example, a 30 year old man with a resting heart rate of 65 would calculate:

1. $220 - 30 = 90$
2. $90 - 65 = 25$
3. $25 \times .70 = 17.5$
4. $17.5 + 65 = 82.5$ beats per minute



Taking Your Pulse

...At The Wrist. Wrist pulse can be taken by placing your first 2 fingers just below the base of the thumb inside the wrist and just above the tendons running up the wrist. Pressing lightly, move the fingers around until you feel a steady pulse.

...At The Neck. To locate and feel the pulse at the side-of-the-neck place the fingers on either side of your Adam's apple in the groove in front of the muscle running vertically down the neck.

TAKING YOUR PULSE

To determine if you are exercising in your training zone, learn how to take and count your pulse. The most commonly used and convenient locations for taking an accurate pulse are 1. At the wrist – the radial artery, and 2. At the side of the neck – the carotid artery. See the instructions and illustrations above.

Immediately upon stopping exercise count the pulse because it will change very quickly. Find the pulse at the neck or wrist and count for 10 seconds. Multiply by 6, which will give you the number of beats per minute. Because your heart falls off or slows down very rapidly upon stopping exercise the 10 second count is most often used and more accurate than counting for 15 seconds or for a full minute.

If your heart is below the 70% training level, increase your intensity. If it is above 85%, exercise a little less strenuously.

THE AEROBIC WORKOUT

Each workout session should consist of a 5 - 10 minute warm up period, followed by 20 – 30 minutes of aerobic (cardiovascular) training. Then, 5 –10 minute cool down period.

The warm up period's main purpose is to gradually increase the heart rate thereby preparing the muscular and circulatory systems for the upcoming training period. This also helps to prevent injury to muscles, ligaments, and joints.

The training period should consist of 20 –30 minutes in your training zone to produce significant improvement to the cardiovascular system. After completing the training period, gradually slow your exercise intensity before suddenly stopping. This cool down allows the muscular and circulatory systems, which have been working at a 70 – 85% maximum heart rate level, to return to normal. This also helps prevent dizziness, faintness, and nausea.

To achieve a reasonable level of cardiovascular fitness, you should exercise 3 – 5 times per week with no more than 2 days between workouts or gains you have achieved will soon be lost.

The types of activities that improve cardiovascular fitness are ones that significantly increase blood flow through the heart and large muscle groups can be maintained continuously, and are rhythmical and aerobic in nature. For example, running, jogging, walking, swimming, hiking, aerobic dance, skating, bicycling, rowing, cross country skiing, and jumping rope.

