

## TARGET HEART RATE

Age	Max HR	Target Zone			15-Second Count		
		60%	70%	80%	60%	70%	80%
20	200	120	140	160	30	35	40
25	195	117	137	156	29	34	39
30	190	114	133	152	29	33	38
35	185	111	130	148	28	32	37
40	180	108	126	144	27	32	36
45	175	105	123	140	26	31	35
50	170	102	119	136	26	29	34
55	165	99	116	132	25	29	33
60	160	96	112	128	24	28	32
65	155	93	109	124	23	27	31

Use the chart above to determine your 15-second count. Choose the intensity level that is right for you:

- ♥ 60-70% = just **beginning** an exercise program
- ♥ 70-80% = at an **intermediate** fitness level
- ♥ 75-85% = at an **advanced** fitness level

### TIPS ON TAKING YOUR HEART RATE WHILE EXERCISING:

- ♥ **Keep moving** while you're taking your heart rate. Your heart rate will drop within 15 seconds if you stop moving!
- ♥ Use your index and middle finger to take your pulse, not your thumb! (Your thumb has a pulse too, so you may get confused if you use your thumb).
- ♥ Where to find your pulse:
  - ➔ **Wrist:** Find the tendon running down the center of the inside of your arm. Take your pulse on the thumb side of that tendon.
  - ➔ **Neck:** Take your pulse on the carotid artery on either side of your Adam's apple. Your carotid artery is pressure sensitive, so don't press too hard! And don't take it on both sides at once!
- ♥ If you have a hard time finding your pulse while exercising, find it before you go out to exercise and draw an **X** on it.

### WHAT TO DO IF YOUR 15-SECOND COUNT IS TOO HIGH OR TOO LOW:

- ♥ **Too Low:** Pick up the pace of your exercise and swing your arms more to increase your heart rate.
- ♥ **Too High:** Slow down your pace and/or use less arm motion to decrease your heart rate.