

H NEW-LIFESTYLES STEPS TO A HEALTHIER YOUSM HEART RATE FACTS

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Your heart rate is a simple and practical method for monitoring the amount of work your heart is doing at any given time. A good way to compute your best, most efficient workout, your heart rate paints a picture of your level of cardiovascular fitness and the intensity of your exercise.

Being in tune to your heart rate will help you judge the intensity of your energy exertion during exercise. Armed with information regarding your own personal target heart rate will help you to adjust your exercise intensity to meet your goals. We all know that the more successful we are in either meeting a goal or making serious progress towards a goal, the more likely we are to stick with our exercise plan. Let's learn to exercise smart and get to know our heart rate!

How to take your heart rate:

Taking your pulse is the same as counting the number of times your heart beats per minute. The best locations for finding your pulse are at the wrist, at the inside

of the elbow or at the neck. At the wrist, just below the base of the thumb, you can find the radial artery pulse. Place the tips of the index and middle fingers over the artery and press lightly. Do not use the thumb. Take a full 60 second pulse count or take a 30 second pulse count and multiply by 2, or take a 10 second pulse count and multiply by 6. Start counting with "zero" on a beat.

Resting Heart Rate

Start investigating your heart rate by taking your resting heart rate. The best time to measure your resting heart rate is in the morning before you get out of bed. In general, most of the population's resting heart rate falls between 60 and 80 beats a minute. As you age, your resting heart rate typically rises. Highly athletic individuals in peak physical condition usually have lower resting heart rates.

Target heart rate

Target heart rate is important because exercising at too low an intensity will fail to produce a significant training effect regardless of the duration and frequency. That's not to say that you won't attain health benefits from lighter activity. You will. You, however, maximize those benefits when working within your target heart rate. Too high an intensity can be either ineffective or hazardous, placing extra stress upon the muscles and cardiovascular system. Target heart rates let you measure your initial fitness level and monitor your progress in a fitness program. This approach requires measuring your pulse periodically as you exercise and staying within 50 to 75 percent of your maximum heart rate. This safe and effective exercise intensity range is called your target



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heart rate zone. To find your target heart rate zone, first calculate your maximum heart rate. Your predicted maximum heart rate is calculated as 220 minus your age. For example, if you are 35 years old, your maximum heart rate would be $220-35=185$.

With your target heart rate, you want to find a comfortable physical activity intensity level—one in which you are exerting yourself enough to benefit your health and physical fitness but not so much that you exhaust/deplete your energy and tire too early.

The table below shows estimated target heart rates for different ages and different physical activity intensity levels.

AGE	AVG. MAX. HEART RATE	TARGET HR 50-75%	TARGET HR 70-85%
20 years	200 bpm	100-150 bpm	140-170 bpm
25 years	195 bpm	98-146 bpm	136-165 bpm
30 years	190 bpm	95-142 bpm	133-161 bpm
35 years	185 bpm	93-138 bpm	129-157 bpm
40 years	180 bpm.	90-135 bpm	126-153 bpm
45 years	175 bpm	88-131 bpm	122-149 bpm
50 years	170 bpm	85-127 bpm	119-144 bpm
55 years	165 bpm	83-123 bpm	115-140 bpm
60 years	160 bpm	80-120 bpm	112-136 bpm

Note: Always check with your doctor before starting an exercise program, as medications and other health conditions may change these generalized target ranges.



The Talk Test

The Talk Test proves that simple is smart. Though this method is certainly low-tech, it is practical, fool-proof and down-right ingenious. The Talk Test is a method that works for everyone in any situation. It's a solution for individuals who don't want to stop in the middle of exercise to check their heart rate but still want to know the intensity of their physical exertion.

Using the Talk Test, a person who is active at a light intensity level should be able to sing while doing the activity. One who is active at a moderate intensity level should be able to carry on a conversation comfortably while engaging in the activity. If a person becomes winded or too out of breath to carry on a conversation, the activity can be considered vigorous.

Burn Some Energy with Moderate-Intensity Activities Like:

Walking briskly
Swimming, recreational
Raking leaves
Gardening
Shooting hoops
Tennis, doubles
Bicycling 5 to 9 mph on mostly level terrain
Scrubbing floors or washing windows
Weight training (machines or free weights)
Line dancing
Hiking

Burn Lots of Energy with Vigorous-Intensity Activities Like:

Race-walking, jogging or running
Swimming laps
Tennis, singles
Soccer
Hockey, ice or field
Speed skating
Bicycling more than 10 mph, slower on uphill terrain
High-impact aerobics, step aerobics
Fast dancing
Cross-country skiing
Rope jumping

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