

# CALCULATE

your exercise heart rate range...

Estimate your maximum heart rate. Take  $220 - \text{age} = \underline{\hspace{2cm}}$  (this is your maximum); (standard deviation for this equation is 10-12 beats per minute)

Determine your lower-limit exercise heart rate by multiplying your maximum heart rate by 0.6

Determine your upper-limit exercise rate heart by multiplying your maximum heart rate by 0.9

Your exercise heart rate range is between your upper and lower limits.

*For most people, exercising at the lower end of the exercise heart rate range for a longer time is better than exercising at the higher end of the range for a shorter time. Exercising at the lower intensity will improve your overall fitness.*

*Medications for high blood pressure may affect your heart rate during exercise. Consult your physician to determine your own ideal heart rate.*

