

# What's Your Zone?

## Target Heart Rate Worksheet

Maximum Heart Rate (MHR)

$$220 - \text{age} = \text{MHR}$$

Ex.  $220 - 40 = 180$



It is recommended that people exercise between 55-85% of their maximum heart rate.

$$55\% \text{ MHR} \times .55 = \text{THR}$$

Ex. **40** year old  $180 \times .55 = 99$

$$85\% \text{ MHR} \times .85 = \text{THR}$$

Ex. **40** year old  $180 \times .85 = 153$

**\* Your Target Heart Rate, from 55 to 85 percent, should be your goal three to five times a week for 20 to 60 minutes (excluding warm-ups) to maximize the health benefits of cardiovascular activity, including losing weight. People who exercise regularly do build up endurance, but they gain little additional value when their heart rate goes above 80 percent of their maximum. Besides the strain and injuries that can result, the heart is simply working too fast for any benefit. *More is not always better!***

MHR =  $220 - \underline{\hspace{2cm}}$  =  $\underline{\hspace{2cm}}$

THR @ 55% =  $\underline{\hspace{2cm}} \times .55 = \underline{\hspace{2cm}}$

THR @ 70% =  $\underline{\hspace{2cm}} \times .70 = \underline{\hspace{2cm}}$

THR @ 85% =  $\underline{\hspace{2cm}} \times .85 = \underline{\hspace{2cm}}$