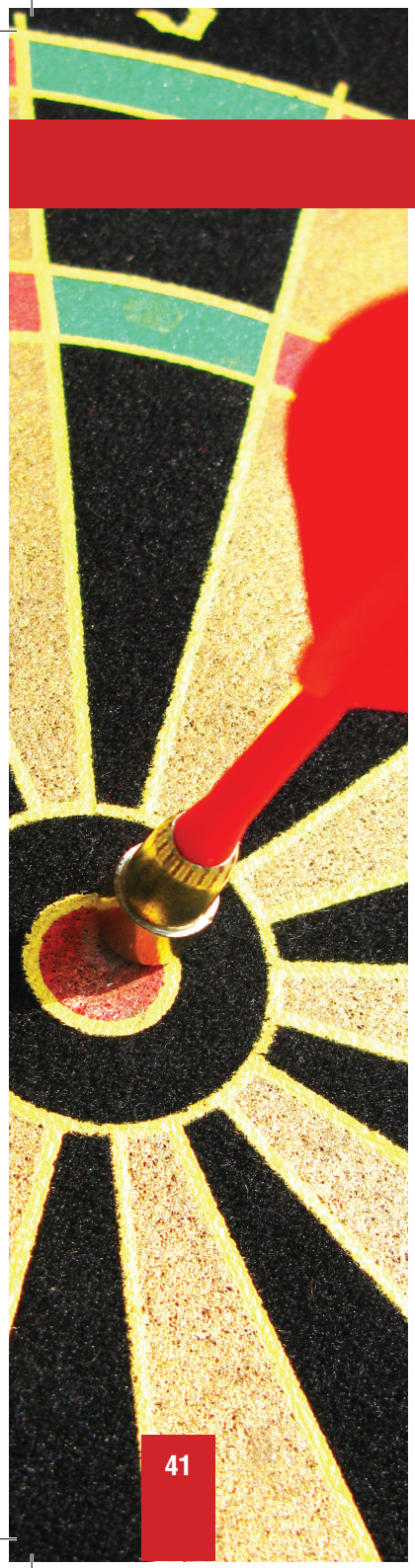


Session 20 – Right on Target

I. Objectives

- Calculate target heart rate.
- State examples of aerobic exercises that will work the heart efficiently.



II. Introduction

Cardiovascular endurance is the heart's ability to perform physical activity without getting easily tired. In order to maintain optimal cardiovascular endurance, you should engage in exercises that work your heart, called aerobic exercises.

In order to determine the range your heart rate should be at you need to know your age and your resting heart rate.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

Resting heart rate (RHR) is calculated by taking your pulse for 10 seconds and multiply the number of beats by 6.

This is your total resting heart rate. To determine the intensity of exercise you need to achieve health benefits you need to know your target heart rate zone.

You can calculate your target heart rate zone by determining your max heart rate. Following is the formula (220 is a constant used for all calculations)

Example

Age: 32 years old

Resting Heart Rate (RHR) - 69

220 – Age = **Maximum Heart Rate (MHR)**

220 – 32 = 188 bpm (MHR)

Subtract your **Resting Heart Rate (RHR)** from your **Maximum Heart Rate (MHR)**.

MHR – RHR =

188 – 69 = 119

Multiply number (example: 119) by 0.60, then add to your resting heart rate (RHR).

119 x .60 = 71.4 + 69 (RHR) = 140 **(lower limit)**

Aim for this heart rate per minute when you begin exercising.

As you become fit you can work your way towards the upper limit.

Multiply number (example: 119 x .80) then add resting heart rate (RHR).

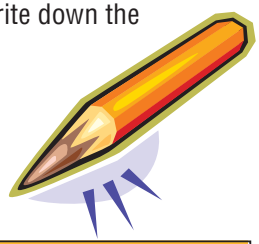
119 x .80 = 95.2 + 69 = 164 **(upper limit)**

For cardiovascular health maintain a target heart rate above the lower limit and below your upper limit when exercising. Using the example above the target heart rate zone would be 140 bpm – 164 bpm.

Session 20 – Right on Target

V. Activity

Calculate your target heart rate zone. Once calculated track your heart rate this week during any physical activity. Write down the maximum heart rate achieved.



Weekly Log: Maximum Heart Rate

	Type of Physical Activity	Maximum Heart Rate
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

