

## What's Your Target Heart Rate?

Heart rate is generally accepted as a good way to measure intensity during running, swimming, cycling, and other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't contribute significantly to your cardiovascular fitness.

- But how do you know what your Target Heart Rate is? One of the simplest ways to calculate it is: Maximum heart rate (220 minus your age) times 70%

Thus, for a 40-year-old, the target heart rate would be 126:  $220 - 40 = 180 \times 70\%$ . You can check your heart rate during a workout by taking your pulse within 5 seconds after interrupting your exercise. Count your pulse for 10 seconds and multiply it by 6 to get the per-minute rate.

**Source:** *The President's Council on Physical Fitness and Sports. Measuring your Heart Rate.*